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OCTOBER  
2015

BRITISH EDITION

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**"I WAS THE ONE WHO COULDN'T DO ONE DIP OR ONE PULLUP."**

—Joe Manganiello, p50

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Joe Manganiello

Photograph by Dustin Snipes



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### MORE THAN A BODY

The persistence required to build a body like this carried over to other pursuits.



# I Am a Bodybuilder

Let your passion for training define your life positively.

**You haven't competed in decades, but you still call yourself a bodybuilder in interviews. Why?**

—JAMES B., VIA FACEBOOK

**A:** **AT THE END OF THE** movie *Pumping Iron*, after I win the Mr. Olympia title, I make a speech in which I tell the audience that I'm retiring from competition, but that I'll never stop being a bodybuilder. I meant it then, and I feel the same now. If you think of bodybuilding in the broader sense—not just as a sport but as a lifestyle dedicated to the cultivation of one's physical potential, and the mental and spiritual benefits that come along with it—why would anyone just quit?

I've been a movie star, businessman, political leader, and many other things in my life, but my first great accomplishment was becoming a bodybuilder, and that gave me the physique that got me noticed, along with the work ethic and focus that helped make all my other dreams come true. So no matter what projects I'm tackling next, I like to remind people where it all started and that bodybuilding means more than just muscular men in trunks posing on a stage.

And it never becomes any less important, regardless of how much money you have or what direction your life takes. I still work out every day, not just to stay fit but to clear my head and keep the habit of setting and achieving goals. If you make bodybuilding a part of your life, as routine as going to work or walking your dog, you'll have an ace up your sleeve in every situation you encounter.

*Yours in Iron,*

**Arnold Schwarzenegger**

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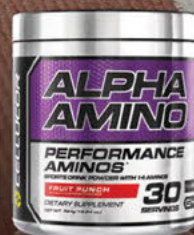




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# Have at It!

**JOE MANGANIELLO** embodies the Weider principles and wrote a new blueprint for success, which starts on page 50.



From left: Our editor Shawn Perine, Joe Manganiello, Edgar Sargsyan, and our executive editor at an After-School All-Stars event this past April.

**I FIRST MET** Joe Manganiello 2½ years ago, at Joe Weider's memorial service. Arnold Schwarzenegger, who organized the event to honour his longtime friend and mentor, had invited Manganiello to speak. Although the two Joes never met, Arnold knew that Weider would have been fond of Manganiello, and that, like the rest of us assembled at the Fairmont Miramar Hotel in Santa Monica, CA, that day, Manganiello owed Weider a debt of gratitude.

Manganiello spoke eloquently and passionately about how it was Weider, through his magazines and books and overarching influence on fitness in general, who'd made it possible for the skinny kid he was to turn his dreams of being bigger and stronger into

reality. He also talked about how Weider's influence was timeless, far outliving his mortal coil, and of how guys of his generation were benefiting from principles Weider had helped ply long before he was born.

Although I knew at the time that Joe Manganiello was a dyed-in-the-wool gym rat (we'd featured him on our cover before), it was at that moment that I realized he was also one of the rare few who was a living embodiment of Weider's beliefs.

You see, Manganiello believed in the power of fitness to change not just one's physique and health but entire life as well. Just look at him now: He's not only a physical specimen but also a Hollywood star and a lauded theater actor. As if that were not enough, he's

also managed to win over the girl of his dreams, in case you hadn't heard.

Today, I'm fortunate to call Manganiello a friend, and I can attest to his passion for training. I know the difference it's made in his life. Like me, he owes a good deal of his success to lessons learned in the gym.

I can't guarantee that by following our advice you'll achieve fame and fortune and the girl of your dreams like Joe. I can guarantee; however, that if you do, you will never regret it.



**More Power to You,**

**Shawn Perine**  
Editor in Chief



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# EDGE

NEWS / INTERVIEWS / SPORTS / GEAR



## Destination: Olympia Expo

What to see and do at the biggest weekend in Las Vegas

BY ZACK ZEIGLER

**THE OLYMPIA EXPO** is the official home of Olympia Weekend—and it's always a packed house. In 2014 more than 55,000 bodybuilding fans and fitness enthusiasts flocked to the expo at the Las Vegas Convention Centre. This year, even more foot traffic is expected. Whether you want to watch pre-judging for the Mr. Olympia (or another pro bodybuilding, physique, figure, fitness, bikini, strongman, or powerlifting competition); collect bagfuls of swag; sample new supps; or test out the latest workout gear and exercise equipment, there's no shortage of things to see and do at the Olympia Expo. For those who plan to partake in the madness on Sept. 17-20, consider putting these seven expo events on your radar.

### OLYMPIA STRONGMAN CHALLENGE

Presenting men with mutant strength centre stage is a guaranteed crowd-pleaser. Kegs will be thrown. Logs will be lifted. And you'll spot around 70 Paul Bunyan look-alikes.

SAMUEL WILSON

WHAT TO SEE AT THE EXPO



# BOSS IT

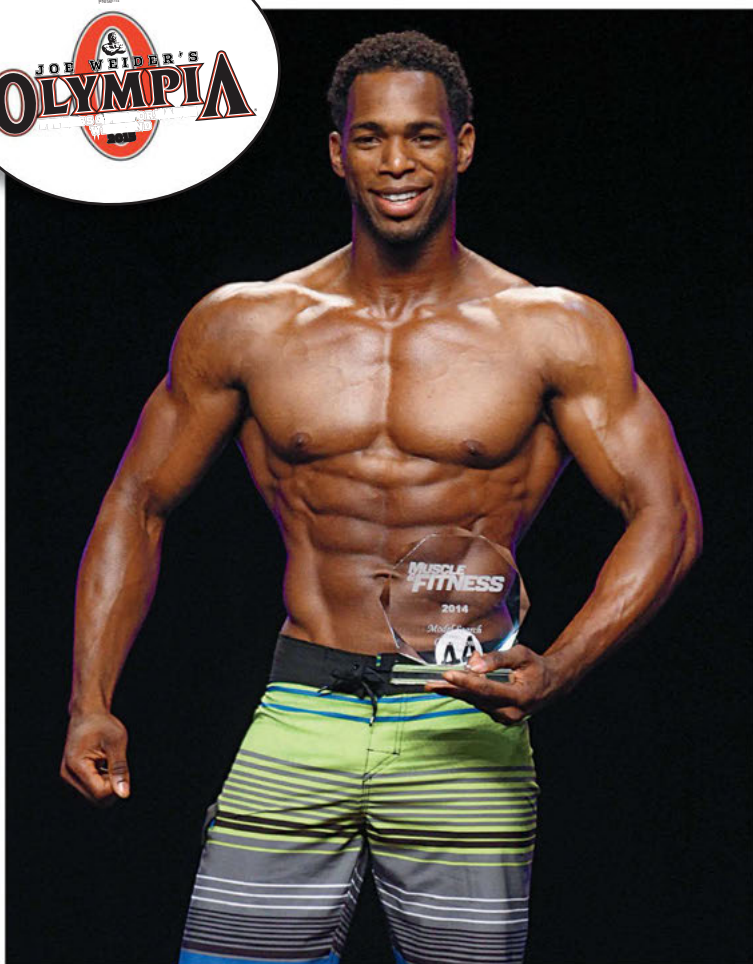
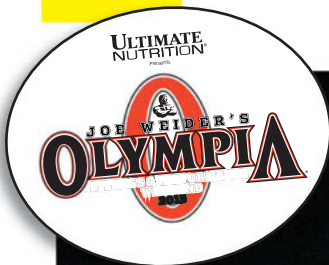


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## MEN'S MODEL SEARCH

The male counterpart to the Bikini Model Search will motivate you to train harder—and haunt your dreams with board shorts. The top physique earns \$1,000 and two VIP tickets to next year's Olympia Weekend.

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## OLYMPIA BOXING

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## BIKINI MODEL SEARCH

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## OLYMPIA PRO POWERLIFTING CHAMPIONSHIPS

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## RHINO CROSSFIT

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## BATTLE OF THE BARS

Competitors put their exceptional body-weight strength and muscle endurance on display as they put on a high-flying (and highly entertaining) acrobatic showcase. Day 1 features one-on-one battles; the 16-man single-elimination bracket-style tournament goes down on Day 2.



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**ABOUT THE DOCTOR**

Victor R. Prisk, M.D., is a board-certified orthopaedic surgeon, NCAA All-American gymnast, and GNC medical advisory board member.



# Carpal Bummer

Carpal tunnel doesn't just affect those who type a lot but lifters, too. Here are the signs, and how to treat them. **BY VICTOR PRISK, M.D.**

**IF YOU REGULARLY WORK** with your hands, especially performing repetitive work, it is highly likely that you have heard of carpal tunnel syndrome (CTS). CTS results from compression of the median nerve as it crosses your wrist

through a tunnel created by your wristbones and the ligaments that connect them together.

Gym rats may be at increased risk for CTS from overtraining with pulling and pushing movements. Excessive wrist flexion in pulling movements or

pushing too much from the base of the palm (closer to the wrist) can lead to nerve irritation. Use of extraordinarily tight wrist wraps or lifting straps can also lead to carpal tunnel compression and subsequent CTS. Forceful flexion of the wrists during lifting movements can cause shooting pains or "zings" from compression of the nerve, hinting toward improper form.

Once the condition is diagnosed, you must be vigilant to get the nerve damage under control. If not, CTS can require surgery. Focus on holding the wrist in a more neutral manner and avoid cheating with heavy weight. Laying off the weights when you feel that zing or using a night splint can help limit symptoms. Most people sleep with their wrists flexed, which causes more nerve compression.

**STOP IT**

Wrist flexion when pulling heavy or pushing too much or too fast from the base of your palm can lead to carpal tunnel syndrome.







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# The Will to Win

2015 Arnold Classic Physique winner **SADIK HADZOVIC** offers tips to elevate your training to the next level.

BY MARK BARROSO

**YOU CAN TELL BY** looking at Sadik Hadzovic that he knows his way around a gym. That's because it's a job requirement—well, for his second job, anyway. After Hadzovic finishes his day job as a real estate property manager, he puts in overtime at Bev Francis Powerhouse Gym in order to maintain his status as a top-tier IFBB physique pro. The 2015 Arnold Classic Physique winner has trained at Bev's for years, absorbing workout knowledge like a sponge. Adding to Hadzovic's training education were "old-school Dorian Yates workout videos" and his trainer, IFBB great Dennis James, the creator of MTUT (Menace Time Under Tension).

"MTUT starts with a 30-second rep followed by three fast reps," Hadzovic says. "I preserve my joints by doing fewer sets and reps while forcing as much blood into the muscle as possible."

Hadzovic cites giving "maximum effort every second for 12 weeks" and visualizing himself being awarded the trophy as the keys to his Arnold Classic win.

"The first six weeks of my contest prep, I do high reps and the final six weeks is heavy weight, low reps, and low rest periods," he explains.

For cardio, Hadzovic does high-intensity interval training for

30–45 minutes six weeks out from a show; that drops to about 15 minutes as the contest nears. Steady-state cardio is reserved for when he's "lean enough." When Hadzovic feels a craving for junk food coming on, he resists by drinking 600–900 ml of water to feel fuller. "Another method: Write down your goal when you get a craving," he says.

Lastly, Hadzovic suggests allowing the mind to lead the body to victory.

"Be goal-oriented and envision what your ideal physique is or you'll never have the mental edge you need."



## SADIK'S STATS

AGE: 27

HEIGHT: 180 CM

WEIGHT: 86 KG

RESIDENCE:

Westbury, NY

TWITTER:

@SadikHadzovic

The Arnold Classic winner is a favourite in the Physique division of Olympia. For more, go to [mrolympia.com](http://mrolympia.com)

## HADZOVIC'S SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated Barbell Press	4	10
<i>SUPERSET WITH</i>		
Behind-the-neck Barbell Press	4	10
Dumbbell Lateral Raise	5	10
<i>SUPERSET WITH</i>		
Upright Row	5	20
Dumbbell Bentover Lateral Raise	3	15
Machine Shrug	4	20

PER BERNAL



# RETRO

75 YEARS OF M&F

# King Ralf



Years before he co-starred in *Gladiator*, bodybuilder Ralf Moeller covered our September 1988 issue.

BY MATT TUTHILL

**RALF MOELLER** has enjoyed a career that's been, in many ways, a microcosm of Arnold Schwarzenegger's. After Joe Weider took a shine to the German bodybuilder, Moeller was featured heavily in Weider's magazines, won a Mr. Universe title, and even went on to become an actor. No, Moeller never became a top-billed superstar like Arnold, but he enjoyed key roles in films like *Gladiator*, *The Scorpion King*, *Best of the Best 2*, and many more. Fittingly, you're most likely to find Moeller and Arnold together these days, traveling, training, or just hanging out.

Apart from the classic cover featuring Moeller and Kathy Stangel,

our September 1988 issue had some standout content, including a powerlifting log from Jim Vrabel, a feature on muscle isolation by Fred Hatfield, and a stern warning about the dangers of exercise addiction.

Here's where things got weird: It contained an op-ed by associate publisher Ben Pesta, who danced on the grave of Chicago's recently deceased mayor Harold Washington. Washington, an obese heavy smoker, had died of a heart attack the year before. Pesta's intentions were sincere: He started off by lamenting the fact that Washington had had a chance to become the nation's first black president if he'd taken better care of his health.

As the piece wore on, it became a repository for bad jokes at Washington's expense, calling his diet "suicide by soul food" and chiding, "More fat, your honour? How about more salt?" It eventually finishes with a sad wish that Washington could be as healthy as the Ayatollah Khomeini. Yikes. Talk about poor taste.

# WORLD'S STRONGEST ADJUSTABLE DUMBBELLS



THE END.



## THE POLITICS OF LONGEVITY

Why Harold Washington won't be running for reelection this year

By Ben Pesta, Associate Publisher



**CLOCKWISE FROM LOWER LEFT:** Jim Vrabel's powerlifting log; Moeller on the cover with Kathy Stangel; and a caricature of deceased Chicago mayor Harold Washington.

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# TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER

## Bowling Pins

Benson W. sent us his forearm workout to review. Here's how we fixed it.

BY SEAN HYSON, C.S.C.S.







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**THE FOREARMS** consist of the wrist flexor, wrist extensor, and brachioradialis muscles. They're smaller muscles and therefore are designed more for endurance and frequent bouts of work than explosive or heavy movements. They also get plenty of incidental work whenever you grab a bar or dumbbells for any other exercises, or carry groceries home from the store. Here's how to set up a forearm training plan that challenges these muscles without overtraining them.

### BENSON'S OLD WORKOUT

EXERCISE	SETS	REPS
Hammer Curl	4	10
Reverse Curl	4	10
Wrist Curl	3	20
Reverse Wrist Curl	3	20

~~M&F~~

### OUR ADVICE

Take advantage of all the ways the forearms already get worked. **SAVE THE CURL VARIATIONS FOR YOUR ARM DAY AND DEADLIFT ON EITHER A LOWER BODY OR BACK DAY.** You can do this routine at the end of either of those days—it includes a static hold, one major forearm builder you overlooked. Improving your grip will drive up your kilos, as well as add meat above your wrists.

### BENSON'S NEW WORKOUT

EXERCISE	SETS	REPS
► Suitcase		
Deadlift Hold	3	*30 SEC.
Wrist Curl	3	20
Reverse Wrist Curl	3	20

\* Work up to 30 seconds.



### QUICK TIP

If you have farmer's walk handles, you can use them for the suitcase deadlift hold.



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# Always Pushing

You called my physique the greatest of all time—and it makes me want to push harder than ever. **BY FRANK ZANE, M.A.**

**WHAT AN HONOUR TO BE AWARDED** Best Physique Ever by the editors of *Muscle & Fitness*! This acknowledgment really makes me feel good about myself and adds fuel to my fire. It's almost like winning Mr. Olympia again.

And it makes me want to train hard again. For me that means working out three times a week with a training partner in my gym, which contains my Mr. Olympia equipment that I've used and maintained for the past 35 years. It's even better now than it was then because the weight stacks slide more smoothly on the guide rods through years of repetition. My equipment is a metaphor for how my body works.

It's been more than 30 years since I last competed and since then I've been teaching bodybuilding at Zane Experience in San Diego. After earning an M.A. in psychology I began publishing the *Building the Body* quarterly and currently have three books in print and many more e-books and Kindle publications.

Almost fully recovered from shoulder surgery, I'll be able to do light movements on just about everything again. I can even shoot

archery, something I haven't been able to do in years. I'll do three sets of each exercise, going a little heavier each set, stretching 20 seconds between sets. This is what I was doing a year ago before my shoulder started flaring up.

Over the years, I've used different versions of the three-way split-workouts spaced according to my level of progression. The one I've done the most is Day 1 pull, Day 2 legs, Day 3 push. I train Tuesday, Thursday, and Saturday, working each body part once a week. I plan to stay on that training plan and take it to a peak by the end of the year. I'm excited to be able to share my experience and advice along the way in my new column.

## QUICK TIP

Keep rest short and train with a partner who will help set a brisk workout pace.



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**IN MY NEW MONTHLY COLUMN FOR THIS MAGAZINE, I WANT TO SHARE THE KNOWLEDGE I'VE AMASSED OVER THE YEARS.**





# I'LL SMASH THROUGH MY PLATEAU

#CHALLENGEYOURSELF

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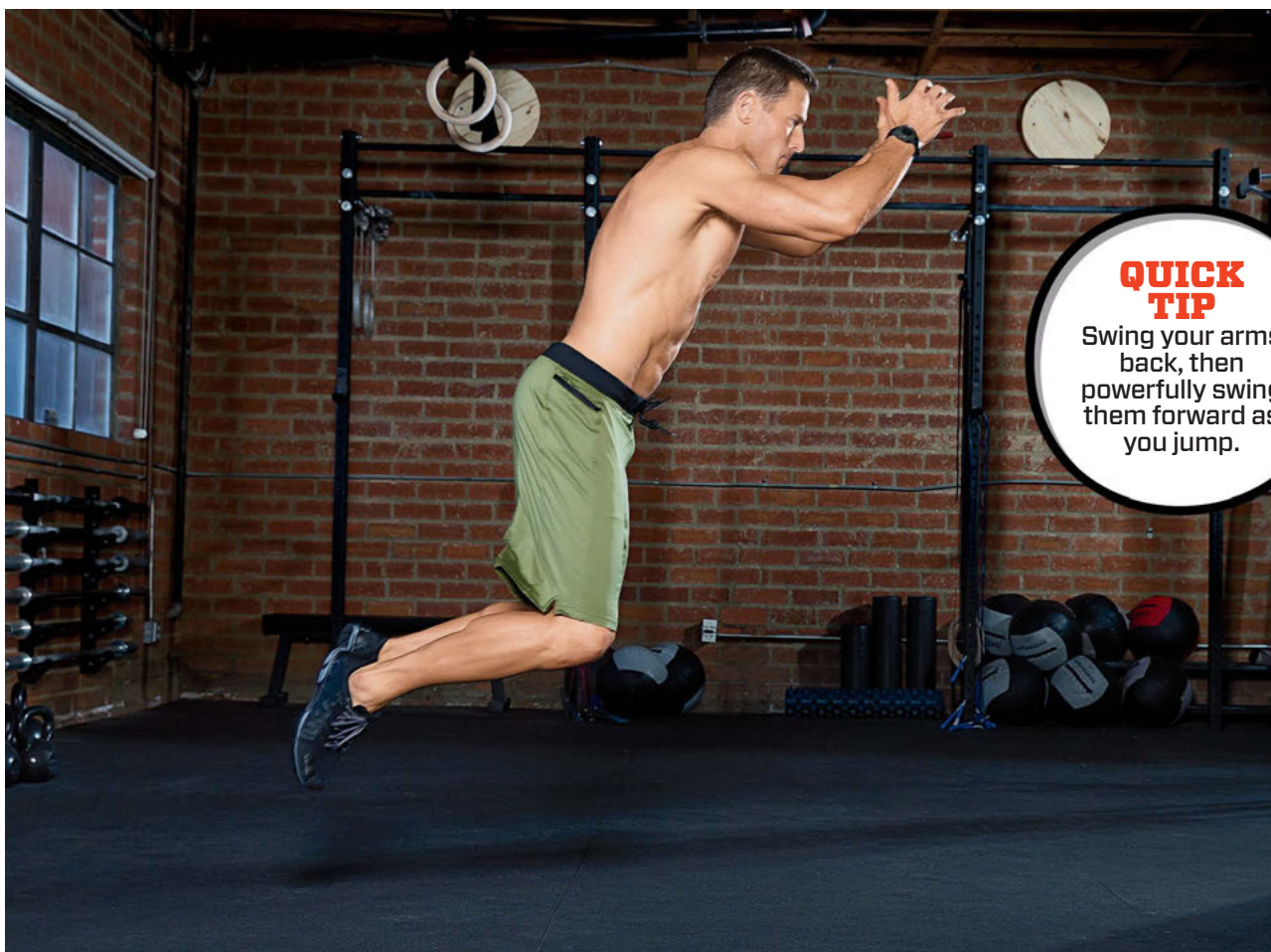
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**ANDY MCDERMOTT** is a fitness coach in Hollywood. For free training advice, follow him on Facebook: *AndyMcDermottFitness*, Instagram: *@andymcdermottfitness*, and Twitter: *@andymcd23*



**QUICK TIP**  
Swing your arms back, then powerfully swing them forward as you jump.

# Broadly Defined

Lack of time and equipment is not an excuse not to train. With a little room to do a broad jump, you've got everything you need.

## WHAT IT IS

A 15-minute total-body workout from L.A.-based celebrity trainer Andy McDermott. It combines broad jumps, pushups, lunges, and mountain climbers to work arms and legs as well as explosivity and endurance. Try it on a day when you don't have much time and you'll still feel like you got a full workout. Best of all, there's no equipment required.

## WHY IT WORKS

A proper broad jump is a total-body move and recruits a significant amount of fast-twitch muscle fibre. Starting the circuit with broad jumps excites the central nervous system for the work ahead. McDermott says, "When you incorporate broad jumps, you're training like an athlete and burning fat while you develop power."

## THE WORKOUT

**DIRECTIONS:** Set a timer for 15 minutes and perform the following circuit continuously, resting as little as possible until the time is up.

EXERCISE	REPS
▲ Broad Jump	5
Single-arm Eccentric Pushup*	10
Walking Lunge	20
Mountain Climber	30 sec.

\*Use one arm to lower your body, two to explode back up. As a note on form, McDermott says, "Head to heel, straight as steel."



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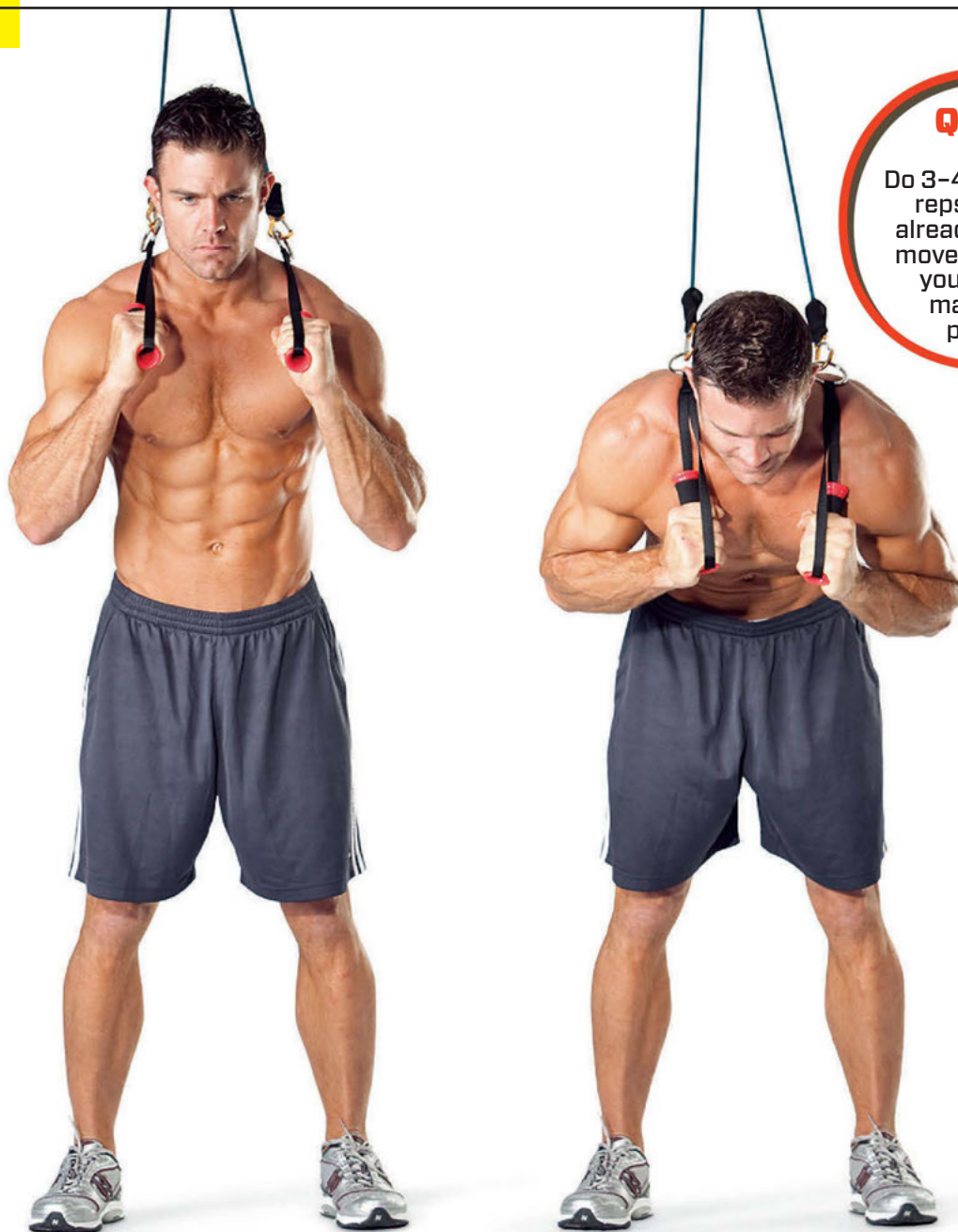


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**OATEIN**



## QUICK TIP

Do 3–4 sets of 6–8 reps. If you're already lean, this move will thicken your abs and make them pop out.

# Take a Stand

Band crunches done standing work more core muscles and skyrocket your squat and deadlift numbers. **BY SEAN HYSON, C.S.C.S.**

## HOW TO DO IT STANDING CRUNCH

**1 LOOP A BAND** over a sturdy object and hold an end in each hand. (You can also use a rope handle on a cable machine.) Stand with feet shoulder-width apart or a bit wider so you feel stable.

**2 BRACE YOUR ABS** and crunch your head toward your hips, pulling the band down. Breathe out on the way down and control as you slowly return to the start.

## CORE CRUSHER

Standing crunches work your abs from a position that's very similar to how you set up for squats and deadlifts, so the core strength that carries over is immense.



# ADD GREEN TO YOUR FITNESS NUTRITION

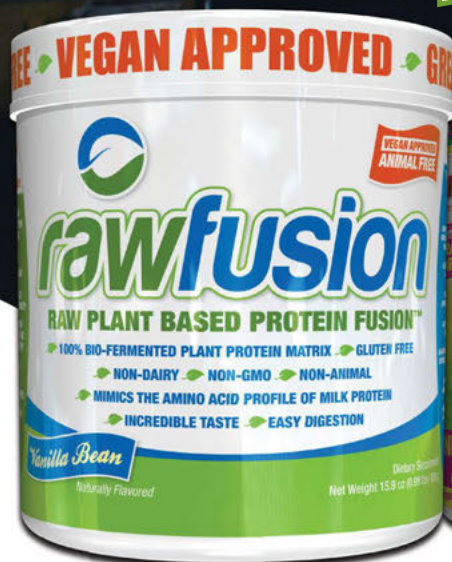
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# Sweat Every Day



**QUICK TIP**  
To get a taste for McCullough's style, turn regular pushups into T-pushups (shown) to engage your core.

Injury forced former college linebacker **TODD MCCULLOUGH** to rethink his training—and his results have never been better. **AS TOLD TO MATT TUTHILL**

**I GREW UP A BIG** University of Florida fan and got to see that childhood dream of playing football for them come true. I always lifted heavy. In high school I benched 152kg, but injuries started to pile up in college. I've had three knee and two shoulder surgeries. I knew something had to change, but if I didn't sweat every day, I'd go insane. I started playing around with yoga, and my body started to feel great.

At the same time, I started to lose muscle hardness and definition. I didn't look as ripped as I had been.

Over the next few years, I merged yoga and resistance training. What I came up with was a series of 20-minute workouts you can do on a yoga mat.

Try the workouts and they'll really kick your ass and you'll feel better. You're going to take your whole body through full ranges of motion, and you'll be much better off for it.

Everyone should ask themselves, "Am I developing functional strength?" It's one thing to isolate a muscle, but we don't move like that. You need to use the whole body.

## THE WORKOUT

**DIRECTIONS:** Complete this circuit five times through, resting as little as possible.

EXERCISE	REPS
Downward Dog Pushup*	15
Squat Jump	15
Plank to Elbows-Knees**	10***
Lunge to Kick	10***

\*From a pushup position, pike your hips in the air, then flatten out, do a pushup, and repeat.

\*\*From a plank position, alternate bringing your opposite elbow and knee together, and squeezing your abs.

\*\*\*Per side.



**ASK ADAM** Want your question answered by Adam Bornstein? Tweet @Bornfitness and @muscle\_fitness with the hashtag #bornfit

## BORN FIT

# What I've Learned

Four tips to fast-tracking your gains, based on my 15 years in fitness.  
**BY ADAM BORNSTEIN**



### MY EDITORS ASKED

me to condense my entire training philosophy into what you see here, and while I couldn't really do that, I did arrive at four important take-homes that, if followed, will serve up consistent gains and fewer setbacks throughout your training life.

### ADAM'S FOUR TIPS

- 1 THINK FIRST, LIFT SECOND.** Make sure your training is balanced and pays attention to your weaknesses. If you always do more pushing exercises than pulling ones, you know where to start.
- 2 APPRECIATE EVERY FIVE POUNDS.** All of strength training boils down to progressive overload. If you focus on adding five pounds (2 1/4 kg) to a lift each time you train it, you'll see big gains.
- 3 FAILURE BRINGS FAILURE.** If you can't add five pounds or 2 1/4 kg, you're going too hard. Never train to the point where you can't perform a rep with good technique.
- 4 DON'T SKIP CARDIO.** The muscular system is fueled by the aerobic system, so keeping up cardiovascular fitness allows you to stay fresh longer during weight workouts.

EDGAR ARTIGA



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## By Example

Trainer and bodybuilder **MAIK WIEDENBACH** stays true to his athletic roots. **BY MARK BARROSO**

**AS AN OLYMPIC-LEVEL** swimmer from Germany, Maik Wiedenbach lifted weights four to five times a week to improve performance. After moving to the U.S., he began bodybuilding.

"When I started training people, I wanted to lead by example so I started competing," Wiedenbach says. The former Musclemania champ adds

sets and weight each session for four to five weeks, deloads for two weeks, and repeats that cycle. "I train heavy going into a show," Wiedenbach says. "That's the only way I keep muscle." To stay lean year-round, he eats zero carbs on non-training days, relying on almond butter to beat cravings.

His leg workout at right yields a mature, balanced physique.

### MAIK DEBUNKS 3 FITNESS MYTHS

#### DON'T EAT CARBS AT NIGHT

**FACT:** Total calories matter more than timing. Too many carbs causes weight gain.

#### HIGH REPS EQUAL MORE SIZE

**FACT:** The 6- to 12-rep range, combined with excess calories, is great for size.

#### YOU MUST DO CARDIO TO LOSE FAT

**FACT:** Cardio helps by burning extra calories, but you need to refine your diet for fat loss.

### WIEDENBACH'S LEG WORKOUT

**DIRECTIONS:** Do A1-A3 as a triset, resting 45 seconds between sets. Rest 3 minutes after A3.

EXERCISE	SETS	REPS
<b>Barbell Box Squat</b>	4	5
<b>A1) Elevated Barbell Squat*</b>	3	10
<b>A2) Barbell Squat</b>	3	10
<b>A3) Wide-stance** Barbell Squat</b>	3	10
<b>Sissy Squat</b>	3	12
<b>Leg Press</b>		
<b>Machine Calf Raise</b>	8	15

\*Elevate each heel on a 2.5-pound (1.1 kg) plate.

\*\*Feet are outside shoulder-width apart.

#### THE STATS

AGE	HEIGHT	WEIGHT
<b>39</b>	<b>188 cm</b>	<b>104.5 kg</b>

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New York City

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# Blow Up Your Bench



All-natural powerlifter **GREG NUCKOLS** gives you the road map to bench-press more than ever.

**TO TRULY UNLOCK** your full potential, everyone needs a scientifically backed programme that ensures results. If you're a raw, drug-tested powerlifter, the efficacy of your programming becomes even more important. That's why we consulted Greg Nuckols for this month's strength programme. In

2013, Nuckols set a raw, drug-tested powerlifting total of 856kg at a body weight of 110. Suffice it to say, that Nuckols' programming is airtight, just like the bench programme he presents here. Best of all, it's so simple you could start doing it right now without changing everything else in your routine.

**"UNLIKE TRAINING FOR SIZE, STRENGTH TRAINING IS LIKE SPRINTING," NUCKOLS SAYS. "WHEN QUALITY BREAKS DOWN, THAT PART OF THE WORKOUT IS OVER."**

## NUCKOLS' BENCH PROGRESSION

**DIRECTIONS:** Other lifts in your programme are unaffected. This includes working sets, not warmup sets.

**1 HOW MUCH WEIGHT:** Use a load between 80% and 85% of your one-rep max.

**2 HOW MUCH REST:** As needed between sets so you can put forth maximum effort in each set, Nuckols says.

WEEK	SETS	REPS
1	4	2
2	6	2
3	8	2

"I would max out no more than every three to four cycles [10-12 weeks] Nuckols says. "You can expect a 10- to 15-pound PR when you do."





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# EAT

WHAT'S IN THE FRIDGE THIS MONTH

## Fueled by Fat

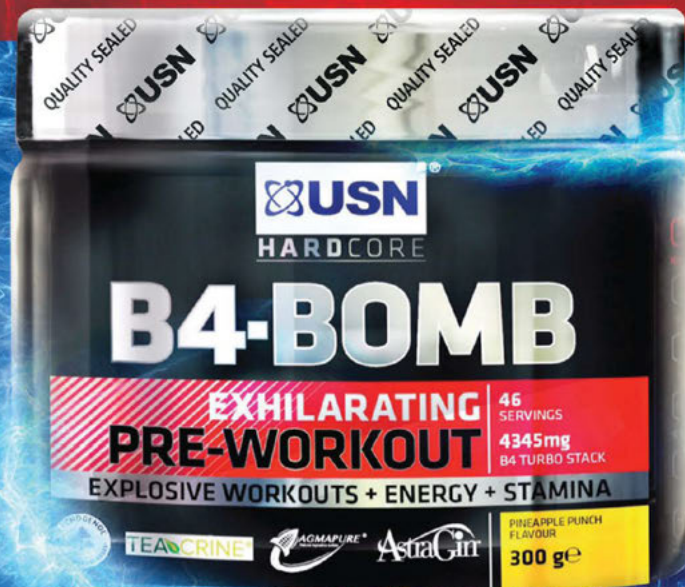
Hitting a weight-loss plateau?  
A ketogenic diet could  
be the answer.

BY MARK BARROSO

THE KETOGENIC  
DIET EXPLAINED



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## DEEP-DISH KETO PIZZA

YIELDS 9 SERVINGS

### CRUST:

6 eggs, separated  
 ½ tsp cream of tartar  
 50g unflavoured egg-white protein powder  
 85g cream cheese, softened  
 (or reserved yolks if dairy-free)  
 Coconut oil spray

### OPTIONAL TOPPINGS:

Low-sugar marinara sauce  
 Spices  
 Organic chicken sausage  
 Mushrooms  
 Peppers  
 Mozzarella/feta/goat cheese  
 Olives

1. Preheat oven to 190°C / gas mark 5. Separate eggs and whip the whites and cream of tartar until very stiff. Slowly sift in protein powder to the whites.
2. Using a spatula, gently fold the cream cheese into the whites.
3. Spray a lasagne pan or cast-iron skillet with coconut oil spray and spoon mixture into it. Bake for 18 minutes.
4. Remove from oven; top with your favourite pizza toppings and cheese.
5. Return to oven; bake until cheese melts.

### NUTRITION PER SERVING

161	13g	2g	11g
CALORIES	PROTEIN	CARBS	FAT

**I'm considering the ketogenic diet, but I'm worried I'll feel tired and have a ton of cravings. Is there a right way to do it?**

—SCOTT SHIPANIK, VIA FACEBOOK

**A:** **TO START ANY KETOGENIC DIET,** you need to cut carbohydrates. By how much? Recent research defines a ketogenic diet as one with less than 50 grams of carbs per day. This brings your body into nutritional ketosis, in which it primarily uses ketones, or fatty acids, for energy. According to Jeff S. Volek, Ph.D., R.D., this occurs when you're producing 0.5 to 3.0 mmol/L of ketones. Urine strips and handheld breath analyzers can be used to measure ketone levels, but if you're keto-adapted, you'll know. "Keto-adapted means you oxidize dietary and stored fat for energy instead of glucose," says Maria Emmerich, nutritionist and author of *The Ketogenic Cookbook*. "If you

can handle skipping a meal, intermittent fasting, and go hours without carb cravings, you're likely keto-adapted."

Emmerich's macronutrient guidelines for a ketogenic lifestyle are 0.5 to 1 gram of protein per half-kg of lean body mass, less than 10 grams of carbs, and about 80% of calories from fat, which doesn't leave much room for grains or fruit. To quell performance concerns, a 2012 *Journal of the International Society of Sports Nutrition* study found that elite gymnasts who ate 22 grams of carbs for 30 days lost fat mass and built muscle without losing strength. Recent research in *Obesity Reviews* found that people feel fuller while on ketogenic diets compared with

when they ate their normal calories.

Before ridding your kitchen of starch, take the following precautions to alleviate side effects such as headaches, cramps, or fatigue. Drink at least half your body weight in ounces of water daily, Emmerich suggests. Next, consume extra sodium and potassium.

"When your body reaches ketosis, the liver releases a lot of sodium and water, so you need more salt," Emmerich says. "Bone stock is my favourite way to add sodium; it's filled with minerals."

The ketogenic diet even has some delicious recipes, like Emmerich's deep-dish keto pizza, shown above.



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# Nature's Edge

Sprouting your grains unlocks their full potential.

BY MARK BARROSO

**WHEN IN DOUBT,** start to sprout. Sprouted grains—or partially grown grains—are deemed superior to their standard counterparts for a variety of reasons, including improved bioavailability of nutrients and increased antioxidant capacity. Under the right temperature and moisture conditions, a grain grows thin sprouts and begins to germinate into a plant. Instead of letting the sprout grow into a plant, you can eat or process the grain in its early stages to reap the benefits.

"The sprouting process makes the nutrients in the grains more highly absorbable, meaning the body doesn't have to work as hard to break them down," says Jessica Cording, M.S., R.D. "This makes sprouted grain bread a great choice for promoting optimal digestion and muscle growth."

Further, a 2014 *International Journal of Food Science and Technology* study found that sprouted grains have more than double the vitamin E content, 19% more niacin, and 50% more riboflavin than unsprouted grains.

So how do you sprout? Cording says to place the grains in a strainer or colander, then rinse and drain. Then place grains in a bowl, cover with water, and soak overnight.

Next, drain and rinse the grains again, and finally soak in a covered jar for one to five days. Eat the grains raw, cook them, or dry them in a dehydrator, low-temperature oven, or in the sun before grinding into flour.

Wheat berries, quinoa, millet, barley, and lentils are some options for at-home sprouting. If you're not up for growing them yourself, you can always head to the local supermarket.



## SPROUTED GRAIN PANCAKES

MAKES 12 PANCAKES

180g sprouted grain flour  
2 eggs  
480ml milk  
1 tbsp baking powder  
Salt

Coconut oil

1. Mix flour, eggs, milk, baking powder, and a pinch of salt until batter forms.

Allow to sit for a few minutes.

2. Grease skillet with coconut oil.

3. Spoon batter onto skillet. Cook until browned on each side, flipping partway through.

4. Serve with desired toppings, such as fruit, chopped nuts, or nut butter.

### NUTRITION PER SERVING

85	4g	11g	3g
CALORIES	PROTEIN	CARBS	FAT



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### BALANCE IT OUT

Always pair meat with veggies to add nutrients and fibre. Rocket goes well with skirt steak.

## CHURRASCO STEAK

MAKES 2 SERVINGS

# A Cut Above

This churrasco grilled skirt steak is tender, bursting with flavour, and loaded with protein.

450g skirt steak, cleaned by butcher  
1 tbsp unsalted butter  
1 tbsp lime juice  
1 tsp chopped fresh rosemary  
1 tsp kosher salt  
1 tsp ground black pepper

1. Preheat grill to high heat.
2. Cut steak into 2 portions (225g each).

3. Melt butter about halfway in microwave or over the heat of the grill.

4. Add lime juice, rosemary, and salt to the half-melted butter. Brush steaks with

butter mixture and allow to sit for 15 minutes.

5. Season steaks with salt and pepper, then grill to desired doneness. Serve immediately.

#### NUTRITION PER SERVING

526  
CALORIES

61g  
PROTEIN

3g  
CARBS

29g  
FAT



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**REFUEL**

A 2012 study found that coconut water contains 1,500mg/litres of potassium compared with 300mg/litres in sports drinks.

# Coconut

Enjoy healthy, satisfying fat with these five easy-to-make dishes.

BY CHRISTIAN COATES

1

**MAKE BEEF CURRY**

Add 1 tsp coconut oil to a pan over medium heat. Add 285g braising steak and cook until browned. Add  $\frac{1}{3}$  onion, 15g red chili, and  $\frac{1}{2}$  tsp each cumin and garlic. Cook 10 minutes on low. Add 1 tsp honey, 90ml water, and 110g chopped tomatoes. Simmer until beef is tender, stir in 100ml coconut milk, and cook 3 minutes.

2

**USE IT AS BREADING**

Coat 200g chicken breast in 1 tbsp coconut milk. Mix 2 tsp breadcrumbs with 2 tsp dehydrated coconut and roll chicken in mix. Place chicken on a baking tray and bake 12-15 minutes at 180°C / gas mark 4. Blend  $\frac{1}{2}$  tsp coriander, 1 tsp each cashews and mango chutney, and 4 tsp coconut yoghurt until smooth. Use mixture as a dip.

3

**ADD IT TO QUINOA**

Rinse 85g tricolored quinoa under cold water in a colander, then add it to a pan or pot of boiling water. Cook for 15 minutes, drain, and allow to cool. In a bowl, combine quinoa with 1 tbsp chopped stem ginger, 65g quartered lychee, and 130 ml coconut milk. Serve.

4

**BLEND A PROTEIN PIÑA COLADA**

Blend 140ml coconut milk, 115ml coconut water, 130ml pineapple juice, a small banana, and 4 tbsp unflavoured whey protein powder, and blend until very smooth. The shake keeps for 24 hours in the refrigerator.

5

**BAKE A COCONUT MUFFIN**

Oil a 12-count muffin tin with coconut oil. In a bowl, combine 150g almond flour, 1 tbsp coconut flour,  $\frac{1}{2}$  tsp salt,  $\frac{1}{2}$  tsp bicarbonate of soda, and stir. Pour in 60ml coconut oil, 2 eggs, 80ml maple syrup, 60ml coconut milk, and mix well. Add 150g blueberries and 2 tbsp cinnamon. Pour batter into tin and bake for 25 minutes at 180°C / gas mark 4. Cool and enjoy!



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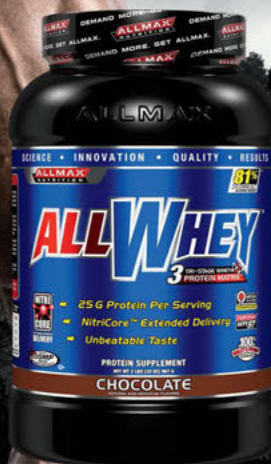
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# “I’VE GOT A LIFE BEYOND MY WILDEST DREAMS”

His body, career—and his fiancée—are the stuff of pure fantasy, yet **Joe Manganiello**’s life is incredibly real. Through it all, training has been the cornerstone of his success. Here, in his own words, Manganiello tells *M&F* how he accomplished his most ambitious of goals. And how you can, too.

AS TOLD TO SHAWN DONNELLY /// PHOTOGRAPHS BY PATRIK GIARDINO



**I WAS VERY** artistic as a kid. When I was, like, 5 years old, my mother used to walk me up to an old man's house where he taught chess, and he would give me chess lessons. I was always drawing, painting, and writing, and I was really into weird things. At a surprisingly young age, I was reading a lot of J.R.R. Tolkien and Stephen King. I was really into comic books. I was so into comic books that I was shoplifting them because I would read them so fast that paying for them started to not make sense.

So that was one train that was running. The other train was that I was head and shoulders taller than all the other kids and coordinated. I was good at sports. The first year I played football, I was the captain of the team. Then you get into high school. Just like *The Breakfast Club*, high school tries to put people into a category. You're supposed to fit into this certain niche, and that's never the case. You're always shades of different things. I was so diametrically opposite in these major, major ways. I got along with a group—the weirdo intellectuals—who generally hate jocks. And I also was the captain of a sports team. So I got along with the jocks.

I kind of had a foot in both of those worlds, and I think it gave me perspective on things. But

I think that weirdness or those split-personality traits were what made Arnold Schwarzenegger so interesting to me. Because you had this guy who was built the way that heroes are supposed to be built. He came straight out of one of those comic books that I read. But when I read things about his life or saw him interviewed, as funny as he was

**A LOT OF RESULTS IN MY CAREER HAVE BEEN DIRECTLY PROPORTIONATE TO THE TYPE OF HEALTH, BOTH MENTAL AND PHYSICAL, THAT I KEPT MYSELF IN.**

being, as tongue-in-cheek as he was, you could tell that he was a very intelligent, book-smart person. And I came to find out that he's a big chess player, as well. So I think that those odd characteristics or the lack of wanting to be restricted into one group or another—just being yourself, being an individual—is what formed the basis of my friendship with him when we met on the set of *Sabotage* [the 2014 movie].

If you've seen my book, *Evolution* [Manganiello released the fitness book in 2013], you can see how skinny I was as a kid. I couldn't do one pullup or one dip

into high school, which has nothing to do with my athletic ability. It just had to do with my lack of any form of upper-body strength.

I played football, basketball, and volleyball in high school. I had an MCL tear playing football, returning a kickoff in a game. I tore it, and it gave me enough pause that I started thinking about what I wanted to do with my life.

I was going to go play basketball in college. I was set to do that, and I was going to study criminal justice. But at the last minute in high school...we had a TV studio and you could take TV classes. I started writing and directing and producing films and TV shows, then starring in them.

I wound up trying out for the Carnegie Mellon School of Drama. I think they took 17 actors out of 800 who auditioned from around the world, and I was one of them. They gave me a scholarship to go to the school; I really got in at the last minute. But I think it set the table for the kind of career that I have now. The past few years have been kind of a reward for all of that weirdness or awkwardness. Because I get to be an artist and I get to be an athlete rolled into the same job.

The link between my acting and my fitness is an interesting thing. I think that I was doing great work for years. I've been acting for 22 years. I started in classical theatre. I started doing Chekhov and Ibsen and Shakespeare. I was in sitcom after sitcom after sitcom. I did some plays that were nominated for awards. But none of those were a break until the physicality melded with the acting in *True Blood*. People really took notice.

I think I tried to get away with being the smoking, drinking artiste—you know, that romantic idea of the artiste—it just wasn't me. I'm at my best when I can find a role that offers that type of physicality.

**JOE COOL**  
Manganiello and co-star Channing Tatum grab a drink in *Magic Mike XXL*.









**A**fter *Spider-Man* in 2002, I didn't have an acting role for four years. I was a drunk who needed to quit drinking. It wasn't some form of "I don't want to act" or "I can't get cast." I had a serious issue with drinking that needed to be handled.

By the time this article comes out, I'll be 13 years sober, knock on wood. Did I get help? Yeah. No addict or alcoholic pulls that off without help, I'll say that—without somebody further down the path who can show them how to do it.

I started working with my trainer, Ron Mathews, right after I booked *True Blood*. My workouts with him are long and tough. It's called being in the pain cave. The workout has even evolved from what was in my book. We have these massive sets or we're doing something on a timer or we get into WODs [Workouts Of the Day], things like that.

There's a moment when there's going to be 10 sets. And I'm on Set 5 or even Set 4, and I'm done. My body is starting to quit, I'm having a minor league panic attack in my brain because I can't visualize doing the next rep, let alone the next set, and I want to quit. Then I think, "What am I doing this for? I don't have a movie coming up that I'm training for specifically. If I walked away or I quit, nobody would know. Who cares?"

And that's where you're going to grow. That's the spot. That's when you crack the pit, if you will. And that seed is inside. That's the good stuff. And you just put your head down, and focus on the next rep. And then the next rep. And then the next rep. And then the next rep. And you keep moving. You think you're going to have a heart attack and that you're going to drop dead. And you just push through and realize you're OK. You realize you could complete the

workout. And you realize it was the mind trying to stop you from achieving.

And that's really what my book *Evolution* was about. It was about

putting yourself into a position where training becomes mental, not just physical. It's about pushing the mind past those perceived limitations. And the only thing I

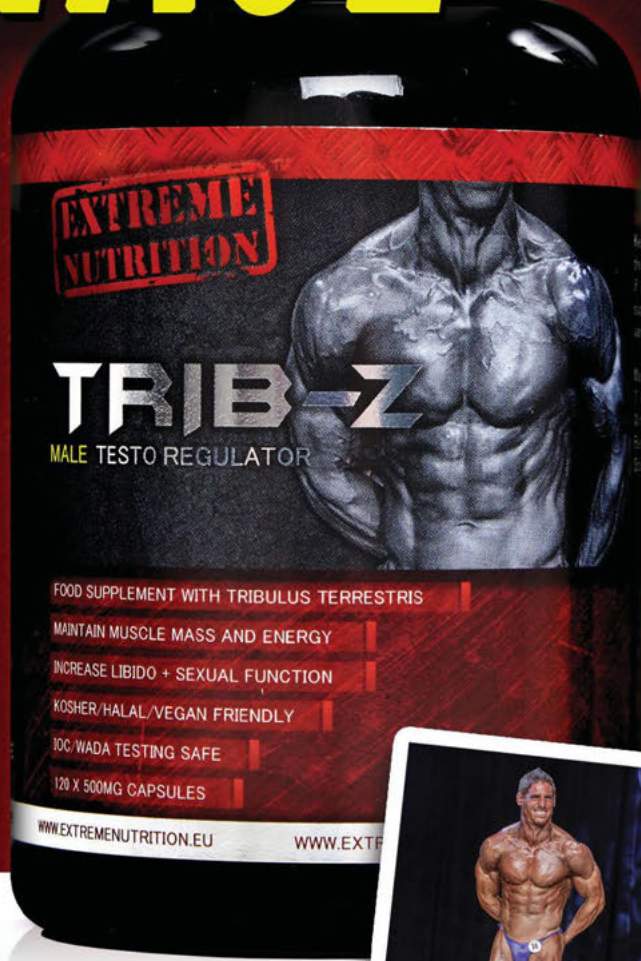
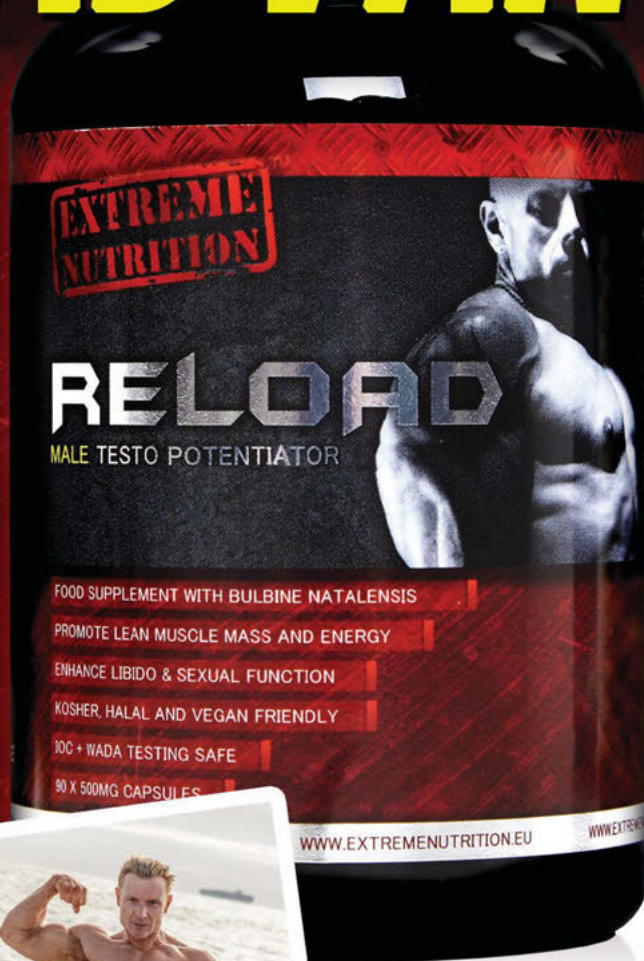
**THE PAST FEW YEARS HAVE BEEN KIND OF A REWARD FOR ALL OF THAT WEIRDNESS OR AWKWARDNESS [AS A KID]. BECAUSE I GET TO BE AN ARTIST AND I GET TO BE AN ATHLETE ROLLED INTO THE SAME JOB.**





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could say to people is you just have to back yourself into that corner and see what you're made of.

As far as my diet, I actually had my blood tested recently by this guy named Chris Talley. He started a company called Precision Food Works. He took 10 vials of my blood and did more than 200 tests on them for food allergies, blood enzymes, etc. What I found from it was that my whole life I've been allergic to eggs and milk and had no idea. So that's been a huge shift for me lately.

Especially approaching age 40 the way that I am, I want to get any advantage I possibly can.

I don't think life is about having this sort of monk-like existence where you don't get to enjoy life. I mean, it's about enjoying life. But I will say that I can't tell you how many people come up to me as if I'm their priest or something and start confessing all of their dietary sins then grab their midsections in a public place and say, "I just can't get rid of this!" And I say, "You've got a tall

glass of vodka sitting in your hand. There's your answer right there. Do you need me to point that out?"

At this point, I think I've got a life beyond my wildest dreams. I don't know that I could have allowed myself to feasibly imagine or wish for some of the things I've gotten. There is no bucket list for most of the things going on in my life.

Do I have the woman of my dreams? *[Editor's Note: If you've been living under a rock, Manganiello is engaged to Colombian-American*





## JOE MANGANIELLO'S ASS-KICKING CONDITIONING WORKOUT

Manganiello trains three to four times per week. Here's his conditioning circuit via Ron Mathews, co-owner of Reebok CrossFit Lab.

EXERCISES	REPS
Deadlifts*	10-8-6-4-2

Toes to Bar	8 after every deadlift set without rest
-------------	---

Sled Drags or Tire Flips right into Plyo Squat Jumps**	5 times through
--	-----------------

### ON-THE-MINUTE DRILL

Five times through for 10 minutes total. You have a minute to complete the work in each set. The remaining time is rest.

Burpee Box Jump Overs, 30-inch box	8 reps (odd minutes)
Front Squats	8 reps (even minutes)

\*Joe does 102 kg deadlifts for sets up to 10, 137 kg deadlifts for sets of four. ("I don't have him max out on the deadlift since pure strength is not one of our goals," says Mathews. "He uses weights that are heavy, but he can comfortably move and get right into something else.")

\*\*Drag the sled 36 metres; flip the tire 10 times; do 10 squat jumps.

actress Sofia Vergara.] Well of course. Absolutely. She was it for me, still is. Always will be.

Am I worried that paparazzi will crash the wedding? It's just part of my life now. You have to take these things into consideration. There was a helicopter that was hovering over my backyard in Beverly Hills the other day, which is a no-fly zone. What do you do about that? Try to shoot a shotgun at the helicopter? I don't know.

Every day seems like some new challenge with those people. And at some point they're going to realize that I'm just a normal boring guy in my personal life, and they're going

to leave me alone. I just want to do good work, and I want to entertain people. At some point, hopefully, that will prove to be uninteresting to them and they'll leave me to do my work. That's all I want.

My fitness advice for others? There's always going to be somebody bigger than you in the gym—and somebody else skinnier than you. You're always going to be right in the middle—unless you're me. I was the absolute skinniest.

I was the one who couldn't do one dip or one pullup. And even if you're that person, there's still hope for you. So just get in there and get to work. **M&F**



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# 60 DAY REVOLUTION

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**PRESENTED BY JAMES GRAGE AND THE EDITORS OF *M&F***

## IT'S ALL IN THE NAME.

Because a revolution changes everything, suffice it to say, ambition wasn't in short supply when we designed the 60 Day Revolution.

Spearheaded by James Grage, co-founder of BPI Sports and the model you'll see on these pages, the 60 Day Revolution is the result of a collaboration between Grage, *M&F*'s editors, and advisers Nerijus Bagdonas, Kyle Hunt, and Jim Sayih.

The programme is aimed at building muscle and strength, while slashing fat in short order, but that's

only the beginning. The 60 Day Revolution was built around the idea that a truly great training programme needs to be more than the end result it produces. Because plateauing with any given programme is unavoidable if you don't change things up or move on to another plan entirely, you'll always be at the mercy of finding a new programme—unless, of course, you learned to programme for yourself, which is exactly what you'll learn to do here.

This programme doesn't lock you into specific exercises. Rather, we show you which movement patterns must be trained in each session and provide exercises to choose from.

For example, it's not necessary for everyone to barbell bench-press, but for overall development, it is necessary to do a horizontal press of some kind. Once you see the categories that need to be filled in and how to undulate intensity, you'll learn to programme for the longterm. As the old saying goes, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for life." We aimed to set you on your own self-sustaining path with an effective training and nutrition programme—including motivation from top experts to keep you pushing. And yes, you'll get positively jacked in just 60 days.

## THE WORKOUT WARMUP

**DIRECTIONS:** Perform the following warmup as a circuit before all workouts.

EXERCISES	REPS
Shoulder Mobility*	10
Side Bend	10 each side
Trunk Rotation	10 each side
Yoga Pushup**	10
Band Pull-apart	10

\*You can use arm circles, face-pulls, or the shoulder mobility exercise of your choice.

\*\*Perform a normal pushup, then in the top position form a pike upward with your hips; your body will form a triangle with the ground. Keep your back flat and legs straight.

## DAY I: UPPER BODY

There are a wide variety of sets and reps used for each phase of the 60 Day Revolution. Refer to the chart below on Day I during each week of the programme. All sets and reps are expressed as sets x reps. For instance, on Week 1 (Intro) on Triset No. 1, you'll do 3 x 10, or 3 sets of 10. Use the heaviest weights you can manage with good form, except in Week 7; this is a deload and meant as a break before Week 8, the Shock phase.

WEEK	TRISSET NO. 1	TRISSET NO. 2	TRISSET NO. 3
1: INTRO	3 x 10	3 x 10	4 x 8-12
2: BASE	4 x 8	4 x 10, 8, 6, 4	4 x 8-12
3: OVERLOAD	4 x 10, 8, 6, 4	4 x 8	4 x 8-12
4: OVERLOAD	5 x 5	4 x 10, 8, 6, 4	4 x 8-12
5: OVERLOAD	6 x 3	5 x 5	4 x 8-12
6: OVERLOAD	6 x 10, 8, 6, 4, 4, 3	6 x 3	4 x 8-12
7: DELOAD	4 x 6-10	4 x 6-10	4 x 8-12
8: SHOCK	7-10 x 1	7-10 x 1	4 x 8-12

### LOVE DISCOMFORT

"We're conditioned to think that if we're uncomfortable, something is wrong," says sports psychologist Jim Afremow, Ph.D. "Breathe into the discomfort and realize pleasure and pride are on the other end."





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**DIRECTIONS:** Each workout consists of three trisets. Don't rest between exercises in a triset, and rest only 90 to 120 seconds at the end of each triset. In each category, choose one exercise and stick with it for that day; you can change it in subsequent workouts.

## TRISSET NO. 1

CATEGORY	EXERCISES
Heavy Vertical Pull (choose one)	- Pullup - Chinup - Lat Pulldown
Horizontal Push (choose one)	- Barbell Bench - DB Bench - Alternating DB Bench
Frontal Core (choose one)	- Hanging Leg Raise - V-up - Cable Crunch

## TRISSET NO. 2

CATEGORY	EXERCISES
Horizontal Pull (choose one)	- Barbell Bentover Row - DB Row - Seated Row - T-bar Row
Heavy Vertical Push (choose one)	- Barbell or DB Push Press - Barbell or DB Military Press - Landmine Press
Lateral or Posterior Core (choose one)	- Pallof Press - Cable Woodchop - Single-leg Hyperextension - Superman

## TRISSET NO. 3

CATEGORY	EXERCISES
Biceps (choose one)	- Hammer Curl - Barbell Curl - Supinating DB Curl - Rope Cable Curl
Triceps (choose one)	- Close-grip Bench Press - Triceps Dip - Diamond Pushup - Tate Press
Rotator Cuff (choose one)	- Face-pull - Band Pull-apart - Cuban Press



### TATE PRESS

Lie on a bench with a pair of dumbbells pressed up. Bend your elbows so the weights come down to your chest. Extend your arms back to the top.



### IT'S ALL IN YOUR HEAD

"The only limitations you really have are your imagination and determination," says former SEAL commander Alden Mills.

PREVIOUS SPREAD AND THIS SPREAD: JONATHAN DELGADO



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## DAY II: LOWER BODY

Refer to the chart below during each week of the programme. All sets and reps are expressed as sets x reps. Use the heaviest weights you can manage with good form during all weeks, except for Week 7; this is a deload and meant as a break before you hit Week 8, the Shock phase, in which you'll use the heaviest possible weights that you can lift.

WEEK	SUPERSET NO. 1	SUPERSET NO. 2	HIP HINGE
1: INTRO	3 x 10	3 x 10	3 x 10
2: BASE	4 x 8	4 x 6	3 x 10, 8, 6
3: OVERLOAD	4 x 5	4 x 8	3 x 10
4: OVERLOAD	5 x 5	4 x 10, 8, 6, 4	3 x 10, 8, 6
5: OVERLOAD	4 x 3	4 x 5	3 x 8
6: OVERLOAD	5 x 8, 6, 4, 4, 3	4 x 6	3 x 10
7: DELOAD	3 x 6	3 x 6	3 x 6
8: SHOCK	5 x 2	5 x 3	4 x 3

**DIRECTIONS:** Each workout consists of two supersets and a single lift (a hip hinge) performed in straight sets. Where you have exercises to choose from, pick one exercise for that particular day and stick with it; choose a different exercise the following week.

### SUPERSET NO. 1

CATEGORY	EXERCISES
<b>Double-leg Push (choose one)</b>	- Back Squat - Front Squat - Goblet Squat
<b>Active Recovery</b>	- Passive Hang (30-60 seconds)

### SUPERSET NO. 2

CATEGORY	EXERCISES
<b>Heavy Single-leg Push (choose one)</b>	- Barbell Back Lunge - Barbell Front Lunge - Stepup
<b>Active Recovery</b>	- Primal Squat

### HIP HINGE

EXERCISES	
(choose one)	<ul style="list-style-type: none"><li>- Romanian Deadlift</li><li>- Single-leg Deadlift</li></ul>

### OPTIONAL SUPERSET

EXERCISES	SETS
- Sled Drag (30 yards)	3
- Sled Push (30 yards)	3

### BREAK IT DOWN

"Most people throw a goal into one big heaping dose, then get frustrated and give up because it's too overwhelming," Mills says. "When you start defining the elements of the goal and breaking it down into bite-size pieces that you can complete each day, the goal becomes manageable."

JONATHAN DELGADO





## ALTERNATING DB BENCH

Lie down on a bench with a pair of dumbbells at your shoulders. Press the dumbbells up, one arm at a time, alternating for equal reps on each side.



**DIRECTIONS:** Perform all supersets according to rep guidelines. When the supersets are complete, choose one finisher. Time your finishers from week to week to measure improvement.

### SUPERSET NO. 1

#### CATEGORY

Deadlift

Push Press

### SUPERSET NO. 2

#### CATEGORY

Barbell Lunge

Pullup or Lat Pulldown

### FINISHER

**Directions:** Pick A, B, or C and do it AFAP (as fast as possible).

#### CATEGORY

##### A: Full-body Circuit:

Perform three times through.

- 1) Alternating DB Bench x 10
- 2) Inverted Row x 12
- 3) Squat Jump x 20

**B: Squat Matrix:** Perform one time through. Perform 24 reps for each exercise. Finish all reps for each exercise before moving on.

- 1) Body-weight Squat
- 2) Walking Lunge
- 3) Split Squat Jump
- 4) Squat Jump

##### C: Row 500 Meters:

Set a pace that will allow you to finish in under two minutes.

## DAY III: FULL BODY

**DIRECTIONS:** Refer to the chart below during each week of the programme. All sets and reps are expressed as sets x reps. Use the heaviest weights you can manage with good form during all weeks, except for Week 7; this is a deload. In Week 8, you'll use the heaviest possible weights that you can lift.

WEEK	SUPERSET NO. 1	SUPERSET NO. 2	FINISHER
1: INTRO	3 x 10	3 x 10	*
2: BASE	4 x 8	4 x 6	*
3: OVERLOAD	4 x 5	4 x 8	*
4: OVERLOAD	5 x 5	4 x 10, 8, 6, 4	*
5: OVERLOAD	4 x 3	4 x 5	*
6: OVERLOAD	5 x 8, 6, 4, 4, 3	4 x 6	*
7: DELOAD	3 x 6	3 x 6	*
8: SHOCK	5 x 2	5 x 3	*

\*Finisher instructions provided at right.

## DAY IV: CONDITIONING

**DIRECTIONS:** On each conditioning day, pick one session: Outdoor Sprint, Indoor Sprint, or Rowing Machine, and use the rep guidelines provided for that week. Perform one conditioning day per week. If you have a lot of fat to lose, bump it up to two conditioning days per week. Note that Week 7 conditioning is 30 minutes of steady-state cardio at moderate intensity. There is no conditioning workout in Week 8, though you can perform Week 7's steady-state cardio session if desired.

**DIRECTIONS:** Perform each sprint workout as a circuit. Sprint, immediately follow it with an active recovery walk, then when the time is up, sprint again until all rounds are complete.

WEEK	ROUNDS	INTENSITY	ACTIVE RECOVERY
1: INTRO	6	15- to 30-second sprint	1- to 2-minute walk
2: BASE	7	15- to 30-second sprint	1- to 2-minute walk
3: OVERLOAD	8	15- to 30-second sprint	1- to 2-minute walk
4: OVERLOAD	9	15- to 30-second sprint	1- to 2-minute walk
5: OVERLOAD	10	15- to 30-second sprint	1- to 2-minute walk
6: OVERLOAD	10	15- to 30-second sprint	1- to 2-minute walk

**DIRECTIONS:** Perform each sprint workout as a circuit. Sprint, then immediately bump down the treadmill speed to follow it with an active recovery walk. Keep the treadmill at a moderate incline for the duration of the workout.

WEEK	ROUNDS	INTENSITY	ACTIVE RECOVERY
1: INTRO	8-12	20-second sprint	40-second walk
2: BASE	12-15	15-second sprint	45-second walk
3: OVERLOAD	10	30-second sprint	90-second walk
4: OVERLOAD	30	10-second sprint	20-second walk
5: OVERLOAD	8-12	20-second sprint	40-second walk
6: OVERLOAD	12-15	15-second sprint	45-second walk

**DIRECTIONS:** Perform each rowing workout as a circuit; row the indicated amount as fast as possible (AFAP), rest for the indicated amount, then immediately start your next round.

WEEK	ROUNDS	INTENSITY	REST
1: INTRO	5	500m, AFAP	2 minutes
2: BASE	5	500m, AFAP	2 minutes
3: OVERLOAD	5	500m, AFAP	90 seconds
4: OVERLOAD	5	500m, AFAP	90 seconds
5: OVERLOAD	6	500m, AFAP	90 seconds
6: OVERLOAD	6	500m, AFAP	90 seconds



## NUTRITION AND SUPPS

At [muscleandfitness.com/60DayRevolution](http://muscleandfitness.com/60DayRevolution), you'll find the M&F food pyramid, meal plans, and supp advice. Instead of the specific supplement stacks, we provided guidelines. Why? Grage explains that the 60 Day Revolution wasn't built to sell you BPI products. "I don't see BPI as just a supplement company," he says. "We're a health and fitness company that helps people transform their lives. Supplements are just one part of the equation. To truly help people achieve their fitness goals we need to arm them with the right tools. That's why BPI partnered with M&F on this program. It was a natural fit."

JONATHAN DELGADO



## DAY V: CHALLENGE DAY

**DIRECTIONS:** In each week, perform the challenge workout provided. Share your results on social media to compare times and scores with the hashtag #60dayrevolution. **M&F**

### KB WINDMILL

Press a kettlebell overhead with your right arm. Stick your right hip out to the side and bend down to touch the floor with your left hand. Repeat on the opposite side.



**JAMES GRAGE** will be featured in the 60 Days video series to accompany this programme. Follow along as Grage takes regular folks through the 60 Day Revolution and changes their lives forever: [muscleandfitness.com/60DayRevolution](http://muscleandfitness.com/60DayRevolution)

**DIRECTIONS:** Perform the following circuit three times through. Use a 16kg kettlebell and record your total time.

EXERCISES	REPS
Kettlebell Swing	20
Clean and Press	10
KB Windmill	5*
Turkish Getup	5*
Goblet Pause Squat	10
Russian Twist	20

\*Each side

**DIRECTIONS:** Record your total reps for pullups and pushups and total time for V-ups.

EXERCISES	REPS
Pullup	Max reps in 6 sets
Pushup	Max reps in 6 sets
V-up	50

**DIRECTIONS:** Perform eight rounds of 20-second intervals with all-out effort, then 10 seconds of rest.

EXERCISES	
Pullup	Pushup
Situp	Inverted Row
Lunge	

**DIRECTIONS:** Perform eight rounds of 20-second intervals with all-out effort, then 10 seconds of rest.

EXERCISES	
Pullup	Pushup
Situp	Inverted Row
Lunge	Plank

**DIRECTIONS:** Perform three rounds, doing 21 reps of everything in the first round, 15 in the second, and nine in the third. Record your time.

EXERCISES	
Inverted Row	Kettlebell Swing (16kg)
Squat Jump	

**DIRECTIONS:** Work the two exercises as a superset, working from 10 reps down to one. Record your time.

EXERCISES	
Chinup	Dip

**DIRECTIONS:** Perform three pushups, then one tuck jump in Round 1. Continue to stack three and one to each subsequent round: six pushups and two tuck jumps in Round 2, nine pushups and three tuck jumps in Round 3, etc. Work as high as you can until you reach failure on pushups, then work backward, removing three and one in each round until you get back to the reps for Round 1.

**DIRECTIONS:** Perform 50 reps for each of the following moves. Use a 16kg kettlebell for the moves that require it. Record your total time.

EXERCISES	
Goblet Squat	Kettlebell Swing
Inverted Row	Kettlebell High Pull
Pushup	Decline Situp

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**BY SCOTT HERMAN PHOTOGRAPHS BY EDGAR ARTIGA**





# W



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work...Wake up, eat, commute, work...What happened to us? When did daily life become a metaphorical treadmill? When did the idea of working out become a literal one? Pushing your body's limits isn't something inherently dangerous; it's what we need, and it's what your body is craving whether you realize it or not. There is nothing like the feeling of exhilaration and accomplishment that can only come from leaving it all on the floor. An adventure race like a Tough Mudder can give you just that, but before you sign up, we've got the training programme you need so you can tackle the course with proficiency—whether you're an adventure race rookie or a grizzled veteran.

In order to achieve your ultimate goal—which might be as simple as completing the course—preparation is key. No matter what race you participate in, you will be required to complete a variety of obstacles in which your strength, agility, and endurance will be put to the test. This includes running through mud, carrying heavy objects, crawling on all fours under barbed wire, dragging rocks, swimming, climbing over 3-metre walls, and, in some cases, being (slightly) electrocuted at the finish line. Whatever the variables might be, training hard is the only way to make it through intact (more or less).



## THE ADVENTURE RACE WORKOUT

The best way to train for adventure racing is to follow a routine that will challenge your strength and explosive power while simultaneously testing your cardiovascular endurance.

This four-week programme is designed to do exactly that. Ideally, you should perform some of the routines outside to replicate the conditions of an actual race, but if that is not a possibility, you can easily perform the entire programme at your local gym. All you need is a timer and a few dumbbells. To train all energy systems, each day will focus on something different. Day 1 features Tabata-style circuits, Day 2 is pure strength training, Days 3 and 7 are active recovery, Day 4 is HIIT, Day 5 is high-volume training, and Day 6 is steady-state cardio via a long-distance run.



### DAY I: Tabata Circuits

**DIRECTIONS:** All Tabata circuits are done for 20 seconds on, 10 seconds off for the prescribed number of rounds. The number of rounds varies by week.

#### EXERCISES

Sit-through  
Mountain Climber  
Crunch  
Renegade Row

#### DAY I WORKOUT

WEEK	ROUNDS	TOTAL TIME
ONE	5	10 min.
TWO	6	12 min.
THREE	8	16 min.
FOUR	10	20 min.



### SANDBAG WALKING LUNGE

Lift up a heavy sandbag and then place it on your right shoulder. Next, step forward with your right leg while simultaneously lowering your body to the ground. Make sure that as you lower yourself you form 90-degree angles with your knees and your front knee does not pass your toes. Once fully descended, begin to step forward by pushing through your front heel and toes of your back foot and repeat with your left leg.

### DAY II: Strength

**DIRECTIONS:** In Week 1, rest 2½ minutes between sets. Cut 30 seconds off your rest time each week. In Week 2, rest 2 minutes, and so on.

#### DAY II WORKOUT

EXERCISE	SETS	REPS
Deadlift	5	12, 10, 8, 6, 4
Push Press	5	12, 10, 8, 6, 4
Sandbag Walking Lunge SUPERSET WITH Pullup	5	15 each side
Box Jump	5	15
Dip	5	15, 12, 10, 8, 6

### DAYS III & VII: Active Recovery

Perform 30 to 60 minutes of leisure activity such as walking, jogging, stretching, foam rolling, etc.





### **BOX JUMP**

Begin with your feet shoulder-width apart, standing tall in front of a box or bench. Drop your hips back and lower your arms as you squat. Once ready, explode through your legs and hips and quickly extend your arms up over your head for extra momentum. As you land on the box, plant your heels down firmly and absorb the landing by squatting. Next, stand up tall on top of the box and then step down carefully and repeat.

### **RENEGADE ROW**

Get down into a pushup position while holding a dumbbell in each hand. Once in place, perform a pushup. As soon as you return to the starting position, row each dumbbell once before completing the next pushup.



### **SIT-THROUGH**

From a pushup position bring your right knee in toward your chest while lifting your left arm off the ground, and sit so your chest is facing to the left. Kick your free leg out straight. Return to the pushup position and repeat on the opposite side.





## DAY IV: Overload

**DIRECTIONS:** Perform all Day IV workouts in this order.

HIIT Part I:  
12 minutes

Circuit I

HIIT Part II:  
12 minutes (same as Part I)

Circuit II

### DAY IV HIIT PART I

WEEK	WALK (In seconds)	JOG (In seconds)
ONE	60	30
TWO	60	60
THREE	60	90
FOUR	60	120

### CIRCUIT I

**DIRECTIONS:** Perform the following exercises as a circuit. See Day IV Circuit Chart for reps.

#### EXERCISES

**Dumbbell Deadlift to  
Overhead Press**  
**Dumbbell Russian Twist**

### CIRCUIT II

**DIRECTIONS:** Perform the following exercises as a circuit. See Day IV Circuit Chart for rounds and reps.

#### EXERCISES

**Burpee**  
**Alternating Toe Touch**  
**Kettlebell Swing**

### DAY IV CIRCUIT CHART

WEEK	ROUNDS	REPS
ONE	2	12
TWO	2	15
THREE	3	12
FOUR	3	15

### ALTERNATING TOE TOUCH

Lie flat on the ground with your arms out to your sides and your feet together. Raise your left arm and right leg at the same time to touch. Repeat on the opposite side.



### DUMBBELL RUSSIAN TWIST

Sit on the floor and lean back so you are balancing on your glutes. Hold a dumbbell or medicine ball with both hands and begin to rotate side to side. Drive your elbows back as far as you can with each rotation to maximize core engagement.





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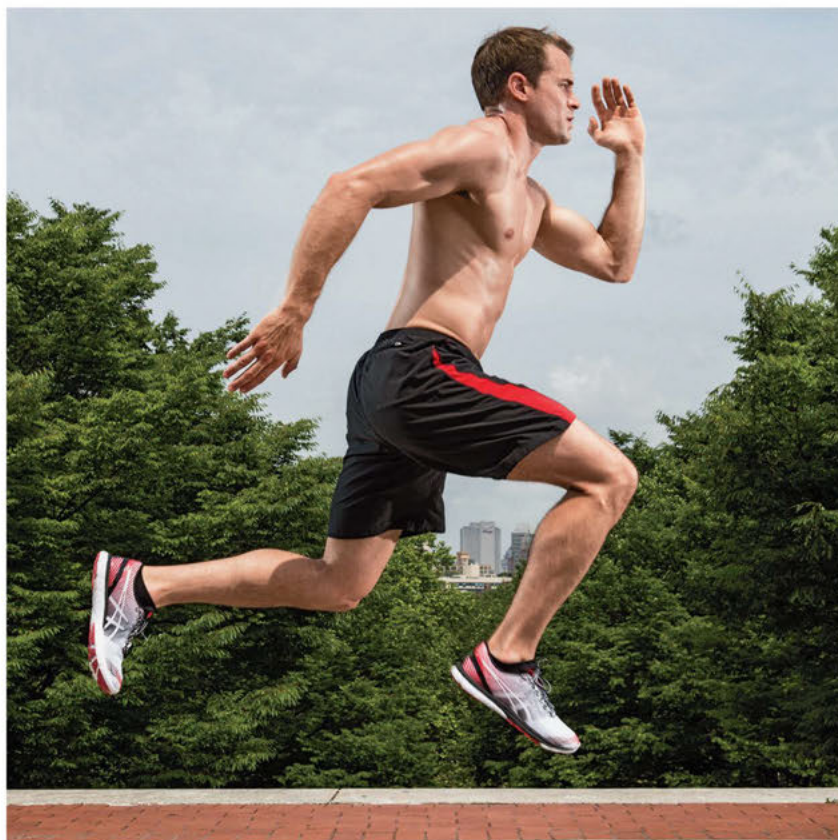
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## SPIDERMAN PUSHUP

Lower yourself to a pushup position. Next, begin to perform a traditional pushup. While you are descending, bring your right knee to your right elbow. As soon as your knee touches your elbow, return to the starting position and repeat on the other side.

## DAY V: Total-Body Circuit

**DIRECTIONS:** See the Day V Rep Chart for the round and rep counts. Rest only at the end of each circuit.

### EXERCISES

Spiderman Pushup

Pullup

Dip

Alternating Jump Lunge

Hanging Leg Raise

### DAY V REP CHART

WEEK	ROUNDS	REPS	REST
ONE	4	8	60 SEC.
TWO	4	10	60 SEC.
THREE	5	10	45 SEC.
FOUR	5	12	45 SEC.

## DAY VI: Long-Distance Run

**DIRECTIONS:** Run 4 to 8 miles. This is preferably done outside but can be done on a treadmill.

## ALTERNATING JUMP LUNGE

Jump in the air and land in a lunge position with your right foot forward and a 90-degree bend in both knees. Descend as far as you can and then explosively jump back into the air and land with your left foot forward and repeat. **M&F**





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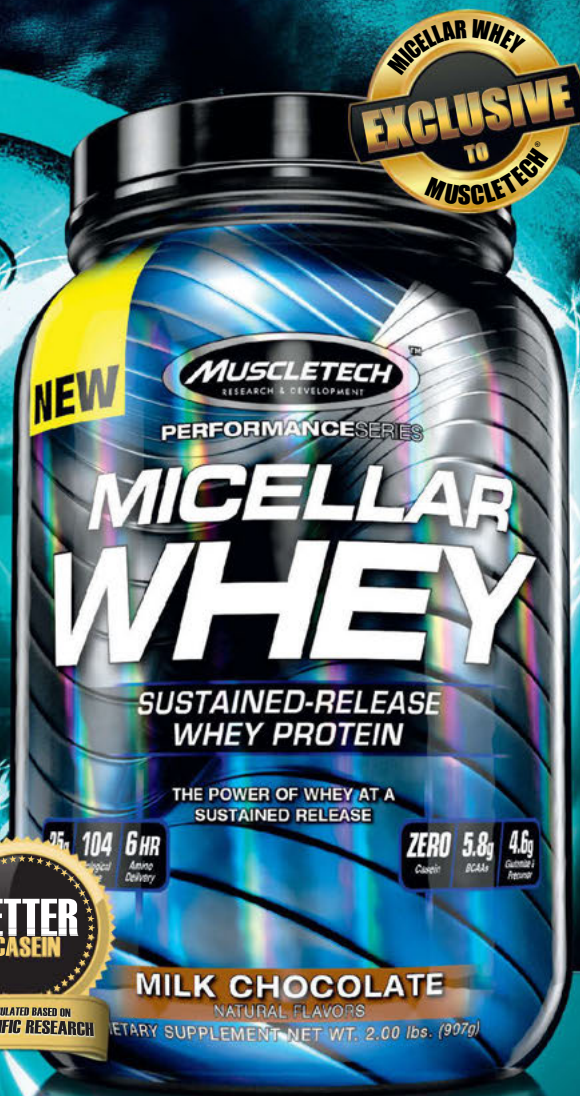
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BY MATTHEW KADEY, M.S., R.D.  
PHOTOGRAPHS BY NICK FERRARI



# MOCHA PANCAKE STACKS

**SERVES 4**

70 g oat flour or spelt flour  
25 g plain or vanilla 60 protein powder  
2 tbsp cocoa powder  
1 tsp baking powder  
½ tsp bicarbonate of soda  
Salt  
1 large egg  
180 ml + 2 tbsp milk or buttermilk  
1 tbsp instant espresso powder  
1 tsp vanilla extract (omit if using vanilla protein powder)  
1 tbsp unsalted butter  
83 g unsalted nut butter, such as almond, hazelnut, or peanut  
112 g whipped cream cheese  
300 g sliced strawberries

1) In a large bowl, stir together flour, protein powder, cocoa powder, baking powder, bicarbonate of soda, and a couple pinches of salt. In a separate bowl, whisk together egg, milk, espresso powder, and vanilla. Add wet ingredients to dry ingredients, mix gently, and let batter rest 15 minutes.

2) Melt butter in a skillet over medium heat. Pour batter for each pancake into pan and cook for 2 minutes per side. You should end up with 8 pancakes, depending on size.

3) Spread 2 tsp nut butter and 1 tbsp whipped cream cheese on each pancake. Top with strawberries.

## MACROS PER SERVING

<b>368</b>	<b>20g</b>	<b>28g</b>	<b>22g</b>
CALORIES	PROTEIN	CARBS	FAT





## YOGHURT AND GRANOLA

**SERVES 2**

- 1 tbsp coconut oil
- 2 tsp honey
- 45 g rolled oats
- 35 g almonds or pecans, chopped
- 2 tbsp raw pumpkin seeds (pepitas)
- ½ tsp cinnamon
- Salt
- 2 tbsp dried cherries
- 500 g plain 2% Greek yoghurt

### CHEF'S TIP

If you're going gluten-free, you can either choose gluten-free oats or use nutritious quinoa flakes.

- 1) Heat coconut oil and honey in a skillet over medium heat until melted. Add rolled oats, almonds, pumpkin seeds, cinnamon, and a pinch of salt to skillet and heat until oats are toasted, about 5 minutes, stirring frequently. Stir in cherries and spread mixture on a baking sheet to cool.
- 2) Divide yoghurt among serving bowls and top with granola.

### MACROS PER SERVING

<b>465</b>	<b>29g</b>	<b>44g</b>	<b>21g</b>
CALORIES	PROTEIN	CARBS	FAT

## BLUEBERRY PROTEIN SMOOTHIE BOWL

**SERVES 1**

- 60 ml milk
- 83 g plain Greek yoghurt
- 1 scoop plain or vanilla protein powder
- 1 medium-size frozen banana, chopped
- 85 g frozen blueberries
- 1 tsp fresh ginger
- ¼ tsp cinnamon
- ¼ tsp almond extract (optional)
- 2 tbsp hemp seeds (hemp hearts)
- 1 tbsp cacao nibs (optional)

- 1) Place milk, yoghurt, protein powder, banana, blueberries, ginger, cinnamon, and almond extract in a blender and blend into a thick, smooth mixture. Add a bit more milk if needed to help with blending.
- 2) Place blueberry mixture in a bowl and top with hemp seeds and cacao nibs.

### CHEF'S TIP

Using frozen fruit and a low amount of liquid helps make your smoothie deliciously thick and spoonable.



### MACROS PER SERVING

<b>382</b>	<b>45g</b>	<b>44g</b>	<b>10g</b>
CALORIES	PROTEIN	CARBS	FAT



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**CHEF'S TIP**

For perfect hard-boiled eggs, place eggs in a medium-size saucepan and bring water to a boil. Once water is at a rumble, remove pan from heat and let eggs stand covered for 15 minutes. Plunk eggs in an ice-water bath then peel.

## DAYBREAK EGG TACOS

**SERVES 2**

4 large hard-boiled eggs  
172 g tinned pinto or black beans,  
drained and rinsed  
1 plum tomato, diced  
1 small red pepper, chopped  
 $\frac{3}{4}$  tsp paprika  
 $\frac{1}{4}$  tsp sea salt  
113 g reduced-fat sour cream  
 $\frac{1}{2}$  avocado  
Juice of  $\frac{1}{2}$  lime  
4 small corn tortillas, preferably  
warmed in the microwave  
12 g chopped fresh coriander

- 1) Place peeled eggs in a large bowl and roughly mash with a fork. Stir in pinto beans, tomato, red pepper, paprika, and salt.
- 2) Place sour cream, avocado, and lime juice in a blender and blend until smooth.
- 3) Divide egg mixture among tortillas and top with avocado sauce and coriander.

**MACROS PER SERVING**

<b>518</b>	<b>25g</b>	<b>59g</b>	<b>23g</b>
CALORIES	PROTEIN	CARBS	FAT



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# MAPLE BACON OATMEAL SQUARES

**SERVES 4**

160 g steel-cut oats  
225 g back bacon rashers  
45 g oat flour  
42 g chopped walnuts  
50 g raisins  
1 tsp cinnamon  
2 large eggs  
80 ml semi-skimmed milk  
79 g pure maple syrup

1) Place oats in a large bowl, cover with water, and let soak for at least 2 hours.

2) Cook bacon in a lightly oiled skillet over medium-low heat until beginning to brown and turn crispy. Transfer to a cutting board lined with a paper towel and let cool. Once cool, chop bacon into 1/2-cm pieces.

3) Preheat oven to 180°C / gas mark 4. Drain oats, return to bowl, and stir in bacon, oat flour, walnuts, raisins, and cinnamon. In a separate bowl, lightly beat eggs and stir in milk and maple syrup. Add wet ingredients to dry ingredients and stir to combine.

4) Place oat mixture in a greased 20-cm-square baking pan. Bake for 30 minutes, or until set. Let cool in pan for several minutes before slicing into 4 squares. **M&F**

## CHEF'S TIP

To reheat leftovers, place squares on a plate and microwave on medium power (about power level 5 out of 10) for about 5 minutes.

## MACROS PER SERVING

<b>520</b> CALORIES	<b>29 g</b> PROTEIN
<b>65 g</b> CARBS	<b>17 g</b> FAT



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# MUSCLES IN MOTION

There's muscle control, then there's **Stephen "tWitch" Boss**, who's popped, locked, and glided his ripped physique into the spotlight as Hollywood's most in-demand dancer, and its most muscular. **BY DELFINA URE /// PHOTOGRAPHS BY DUSTIN SNIPES**

**F**reestyle hip-hop is to dance what boxing is to sports. It's physically grueling, improvisational and artistic, and most of all, exciting to watch. Right now, Stephen "tWitch" Boss is its Muhammad Ali. Born and raised in Montgomery, Alabama, Boss got his start as so many other young

hip-hop dancers do—honing his craft in his room, on the street, or any other place he could blast music and move to it. But unlike the case of so many aspiring dancers, Boss saw his dogged determination pay off in the form of ever-escalating opportunities. First came the reality TV show *So You Think You Can Dance*, where in 2008 he was the

**KETTLEBELL  
JUMP SQUAT**

Hold the kettlebell with both hands under your chin and stand with feet shoulder-width apart and toes turned out slightly. Bend your hips back and squat until your thighs are parallel to the floor. Use the stretch reflex to explosively jump straight up as high as you can. Land softly.







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Season 4 runner-up in the U.S. version. That success turned into leading roles in *Stomp the Yard 2* and three of the *Step Up* franchise movies. More recently, Boss put his winning moves on display in *Magic Mike XXL*, where he acted alongside this issue's cover guy, Joe Manganiello.

But while it's Boss' dancing that put him in the spotlight, it's his physique that's catching the attention of filmgoers, producers, and *Muscle & Fitness* magazine alike.

"It's been a process," says the 32-year-old, "but it really started coming together when I began training for *Magic Mike XXL*."

As in competitive sports, making it in dance requires more than just fancy moves; it also takes focus, strength, and a commitment to staying in peak physical condition, all of which made serious

weight training a natural transition for Boss. "I enjoy hitting the gym, and I'm not the 'chill in the gym' type. I come in and I do what I need to do," he says. "That's something I used to talk about with Joe [Manganiello] on set. It's about efficiency. I have a 45-minute playlist. I get in there and superset. I don't really socialize in the gym."

For freestyle dancers like Boss, the focus of training is mostly on maximizing explosiveness and building core strength. "It's all about the box jumps. If I can get to the highest box it's really fun. The little boy in me loves running and jumping off of things." And much like bodybuilders who work toward sculpting their bodies into works of art, Boss executes his workouts with precision to make sure he's building the muscle for what he needs.

"I get big pretty quickly, so I have

to monitor how much muscle I put on," says the dancer, whose physically demanding rehearsals are leg workouts in themselves. His lower-body training consists of box jumps, plyometric squats, single-leg squats, and training with TRX straps. "That combined with my dance training is enough."

Lower-body strength and upper-body

flexibility are key for Boss, along with maintaining a lean, strong physique that allows him to get airborne explosively without being weighed down. "If you're trying to do a wave with your



### SUSPENDED JACKKNIFE

Attach a suspension trainer to a sturdy overhead object and set the foot cradles a foot or so above the floor. Get into pushup position with your feet suspended and brace your abs. Draw your knees to your chest.



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RESULTS... PERIOD!



arm and you have to pass by this big ol' rock in the middle of your chest it kind of interrupts the flow," he says. So Boss sticks to training with high reps and very low weight so as not to overdevelop his chest. "Dynamic stretching has also made a world of difference for me because when you're doing explosive moves like jumps, jumps out of turns, and drops, it really helps to be flexible."

Some dance routines can be as long as 16 minutes, during which he has to jump high and land in difficult positions with seeming ease, or support his entire body weight on one hand while turning, lifting, and pulling his limbs in various directions, all in time with music. But beyond his gravity-defying dance skills, one of Boss' greatest strengths is his commitment to eating right—a direct result of his prep for *Magic Mike XXL*.

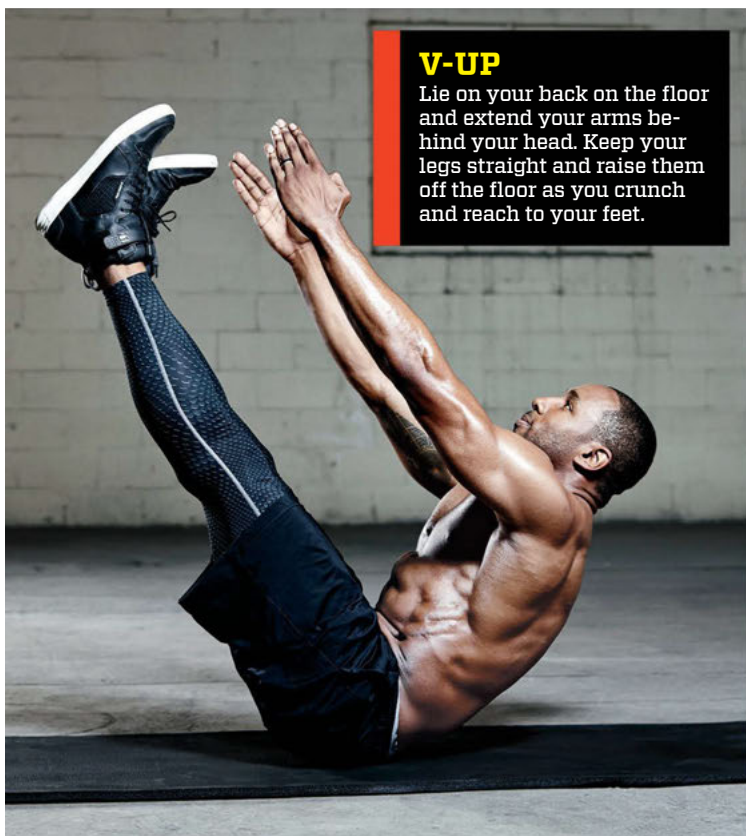
"It's just like my focus at the gym—I come to work and I come to get down," he says. "With eating right, my body has everything that it needs." Finding

### KETTLEBELL SWING

Hold the bell with both hands and stand with feet shoulder-width apart. Bend your hips back to swing the weight between your legs—keep your lower back in its natural arch. Now explosively extend your hips to swing the weight up to eye level.

### V-UP

Lie on your back on the floor and extend your arms behind your head. Keep your legs straight and raise them off the floor as you crunch and reach to your feet.







the proper diet was the only way Boss could maintain his stamina and perform at his peak throughout the day when he had a rigorous schedule of cardio in the morning followed by long hours on set dancing, then lifting at night.

“Of course I knew what they were saying about diets, about how much

salt you should have, about needing to avoid processed carbs—I knew about it, but I still dabbled,” he admits. Of course, knowing what’s best doesn’t make it easier to do, especially when the results aren’t immediate. But with the proper mindset and determination, even the toughest routines and regimens are sustainable. “The moment that I started training for *Magic Mike* and I was strict and actually felt the difference, that’s when I started to take dieting seriously.”

For Boss, it took feeling the response in his body to become a true believer in the importance of eating right. “I’ve been looking into Paleo. I’m not fully Paleo yet, but a lot of my diet consists of lean proteins and I’ve cut out most carbs that are not smart carbs,” Boss says. “When I would eat processed carbs in the past I would die out—or leave myself so depleted that my body would be shaking. But now my body has everything it needs.”

Now that his body has adjusted to his diet, he finds that it reacts negatively to the kinds of foods that were once staples. Processed carbs, sugars, and fatty foods are a thing of the past for Boss. “I’m from the South—I have a sweet tooth built in!” he says with a laugh, as he admits to his one weakness.

Boss’s greatest ah-ha moment relating to his conversion came during a trip back to his hometown in Alabama, where his newfound dietary habits were put to the test. “Trust me, I tried.

**FAST TWITCH:** Try the routine below for a lean, athletic look. Note that the one-arm press is not shown. Go to [muscleandfitness.com/twitch](http://muscleandfitness.com/twitch) for a description.



## KETTLEBELL FIGURE 8

Pass the kettlebell from one hand to the next between your legs in a figure 8 pattern. Stay low and try to move fluidly. A pass on each side equals one rep.

I thought there was no way I could be in Alabama and not have sweet tea. But my stomach took revenge on me and it was awful."

The dancer can now rely on his body to perform at its best no matter what the circumstances, because he's laid a strong foundation for strength and endurance through his training and dietary habits—knowledge he now passes on to Team Street on *So*

*You Think You Can Dance*. "My job is to make sure that they have the best experience possible, since I know what the stress is like between rehearsals and I know that all the things they put in their bodies are going to be key. The further you go in *So You Think You Can Dance* the more mental stamina you have to have, and you can get that from what you eat."

As for Boss' future projects, there are many, but regardless of whether they're in TV, film, or onstage, the lessons he's learned in reforming his body for *Magic Mike XXL* are ones he'll be taking with him every step, and hop step, of the way. **M&F**

## THE TWITCH WORKOUT

EXERCISE	SETS	REPS
Kettlebell Jump Squat	3	5
One-arm Kettlebell Press	4	10-15
Kettlebell Swing	3	20
Kettlebell Figure 8	3	15
Suspended Jackknife	3	10-15
V-up	3	10-12

GROOMING BY LEAH GOEDE





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## THE STRAIGHT UP SERIES

# SCULPT TRICEPS

Trouble filling out your T-shirts? Add some beef to your arms with this punishing triceps routine.

BY JOE WUEBBEN  
PHOTOGRAPHS BY  
PER BERNAL







**SEATED  
DUMBBELL  
OVERHEAD  
EXTENSION**

You can go pretty heavy on these, but always make sure to establish a strong mind-muscle connection with your triceps to make each rep count.



### ONE OF THE MANY TRENDS

in fitness these days is for every workout to have a clearly stated “functional” purpose. For example, Monday is lower-body pure strength and core stability, Tuesday is upper-body pull and gymnastics skill work, and so on. Fine. Even though we historically set trends at *M&F*, we'll play along and follow one for a change.

Today, the objectives are upper-body push strength, triceps hypertrophy, and carving out a badass pair of horse-shoes. Clear enough? How about functional? Those who say no have probably never had a decent set of triceps. This workout will get you headed in that direction with classic no-nonsense exercises and an equitable blend of heavy weight/low reps and light weight/high reps, plus intensity-boosting dropsets and rest-pauses that will leave your triceps with no option but to grow.



### CABLE PUSHDOWN

Keep the elbows in tight here and your technique strict. With rep counts at eight, the weight should be fairly heavy. But if you're not able to reach full

elbow extension (lockout) on each rep, lighten the weight a bit. Squeeze the peak contraction for one second at the bottom of the movement.



# FOR THE ELITE

**C4 50x**

THE NEXT STEP FOR THE MOST  
EXTREME COMPETITOR\*







### BENCH DIP

A slight flaring of the elbows is OK here, since you're looking to achieve a high volume of reps. That said, keep your mental focus on your triceps to ensure a high degree of isolation.



### CLOSE-GRIP BENCH PRESS

Don't go too light on these; try and hit six reps at failure on every set. The strength you gain on this compound

movement will promote triceps growth and carry over to all the pressing exercises you do for chest and shoulders.

## THE WORKOUT TRICEPS

EXERCISE	SETS	REPS	REST
Close-grip Bench Press	4	6	2 min.
Bench Dip Straight Set/ Dropset/ Rest-pause	3	See below*	2 min.
Overhead Extension	3	8	1-2 min.
Cable Pushdown	2	15-20	1-2 min.

**\*1st set (straight set):** With two weight plates on your lap, do as many reps as possible (to failure).

**2nd set (dropset):** Go to failure with two plates on your lap, then immediately take one plate off and rep out to failure again. Do one more dropset by taking the other plate off your lap and repping to failure.

**3rd set (rest-pause):** Using body weight only, rep out to failure, then rest 10 to 20 seconds and go to failure again. Rest 10 to 20 seconds, and rep out to failure one last time. **M&F**



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With blood trickling down his shins, Eddie Hall deadlifts a world record 463 kg.



The fans in Leeds congratulate Hafthor Bjornsson.





# KINGS OF STRENGTH

Britain's **EDDIE HALL** and Iceland's **HAFTHOR BJORNSSON** push the boundaries of human power at Europe's Strongest Man.

**THERE ARE SOME 370 MILLION MALES** living in Europe, but only one can be recognised as the strongest of all. Since 1980 Europe's Strongest Man has been doing precisely that: identifying the supreme Alpha male in the 10 million square kilometres from Russia to Reykjavik.

Twenty men have held the title, three of them British. Geoff Capes and Jamie Reeves won it five times between them in the 1980s. Welshman Gary Taylor tied for the honour in 1991. Since then—nothing. It's been a long wait for a country that loves strongman.

In the early days, Scandinavians were the Brits' main rivals. Now, it's Scandinavians and eastern Europeans. Poland's Mariusz Pudzianowski won six times in the last decade and Lithuania's Zydrunas Savickas has three titles this decade. The Dominator and Big Z are two of the greatest strongmen of all time, so it isn't getting any easier.

In fact, most of the world's top strongmen, with the exception of a few Americans, are from Europe so this event is, with the exception of the World's Strongest Man final, the toughest of all to win.

Whereas the World's Strongest Man lasts a week and involves a series of qualifying heats, this event sees the best of the best go head-to-head in one afternoon, which explains why 7,000 people, the largest paying crowd for any strongman competition in the world, have turned up each year since promoters Dar-

ren Sadler and Colin Bryce took charge four years ago and turned this into an epic day's entertainment.

British competitors Eddie Hall, Terry Hollands, Mark Felix, and Luke Stoltman could hardly have faced a bigger challenge in 2015. Defending champion Hafthor 'Thor' Bjornsson, who plays The Mountain in TV series *Game of Thrones*, stands more than two metres tall and weighs almost 400 lbs.

Thor was the favourite but at least the Brits had home advantage, with Headingley Carnegie Stadium in Leeds hosting the event for a fourth consecutive year.

Strength; however, comes in many forms and, for a lot of people, the purest test is the deadlift. So, for the second year running, the competition incorporated the World Deadlift Championships into the schedule.

All ten of Europe's Strongest Man competitors, plus two guest lifters, would begin the afternoon by participating in the deadlift championships, which was both a standalone event and an opportunity to accumulate points for Europe's Strongest Man. The guest lifters would then step aside for the remaining five events.

It means that by the end of the day, two continental kings of strength would be crowned. *Muscle & Fitness* and our sister title *FLEX* were once again media partners and TV cameras were there to broadcast the event on Channel 5 and Eurosport. Look out for coverage in the run-up to Christmas.

# THE HEAVIEST LIFT IN HISTORY

**EDDIE 'THE BEAST' HALL**  
hoists 463 kg to  
win World Deadlift  
Championships



**THE DAY BEGAN** with a \$7,000 shoot-out to see who could deadlift the most weight. The format was simple but compelling: the bar started at 380 kg and would then go to 400 kg, 435 kg, 450 kg and hopefully a world-record 463 kg. Failure at any weight meant elimination.

Benedikt Magnusson set a world-record 461 kg at this event last year, but the Icelandic giant was injured, so attention focussed on Stoke-on-Trent's Eddie Hall, who set a new standard by lifting 462 kg at this year's Arnold Classic Australia in the presence of Arnold Schwarzenegger himself.

That lift, watched by 2 million people on YouTube, catapulted the charismatic, crew-cutted Hall onto another level of popularity and he was clearly the fan favourite.

But he faced tough competition, particularly in the hefty forms of guest lifters Andy Bolton and Jerry Pritchett. British powerlifter Andy Bolton, the first man to deadlift 1,000 lbs in competition, was lifting on home turf in Leeds while Pritchett had travelled from Arizona in the United States.

Bolton, 45, is still capable of pulling something big but

had the disadvantage of competing under strongman rules, which allow wrist straps and hitching the bar. Last year he dropped the bar when a strap slipped so he had been practising hard on his grip. Pritchett, who is familiar with powerlifting and strongman rules, had flown in with a big reputation and fancied his chances. Fellow American George Leeman was also billed to compete but withdrew.

That 10 of the 12 lifters achieved 400 kg or more is unheard of in strength events. But 420 kg began sorting them out. England's Terry Hollands and Mark Felix were amongst five who failed at this weight. Bolton managed 420 kg to record his 47th 900 lbs-plus competition deadlift in a remarkable career but failed at 435 kg.

That left Hall, Pritchett, Bjornsson, and Rauno Heinla, the surprise package from Estonia. Pritchett and Heinla raised 435 lbs but couldn't manage 450 kg. Thor could but then withdrew, mindful to leave something in the tank for the remaining five events that would decide the fate of the Europe's Strongest Man trophy.

That left the coast clear for Hall, who had passed at 435



kg ad 450 kg to go straight for a 463 kg (1,020 lbs) world record. He may not have had Schwarzenegger cheering him on this time but the crowd was. Headingley reached a crescendo of chanting as the shirtless Hall went through his pre-lift ritual, grabbed the bar and with blood trickling down his shins hoisted the heaviest weight in history almost as if it were a warm-up set. Cue mayhem.

Three-times World's Strongest Man Bill Kazmaier, who was at the event to commentate and be inducted into the Strongman Hall of Fame, led the chorus of disbelief. "Eddie Hall is quite possibly the strongest man who ever lived," he said. Coming from the man some regard as the strongest man who ever lived, it was quite a compliment.

All the talk soon switched to who will become the first man to lift 500 kg—a weight that hitherto seemed impossible. If Magnusson can get fit and Hall, who is only 27 years old, continues to improve it could happen in the next few years. "I think the 500 kg is going to fall," Hall told the crowd. "And it's me who's going to do it." Few of those who witnessed him making 463 kg look easy would disagree.

## WORLD DEADLIFT CHAMPIONSHIPS

- 1 **EDDIE HALL** / England / 463 kg\*
- 2 **HAFTHOR BJORNSSON** / Iceland / 450 kg
- 3 **JERRY PRITCHETT** / USA / 435 kg
- 3 **RAUNO HEINLA** / Estonia / 435 kg
- 5 **ANDY BOLTON** / England / 420 kg
- 6 **DAINIS ZAGERIS** / Latvia / 400 kg
- 6 **TERRY HOLLANDS** / England / 400 kg
- 6 **MATJAZ BELSAK** / Slovenia / 400 kg
- 6 **KRZYSZTOF RADZIKOWSKI** / Poland / 400 kg
- 6 **MARK FELIX** / ENGLAND / 400 kg
- 11 **LUKE STOLTMAN** / Scotland / 380 kg
- 11 **DIMITAR SAVATINOV** / Bulgaria / 380 kg

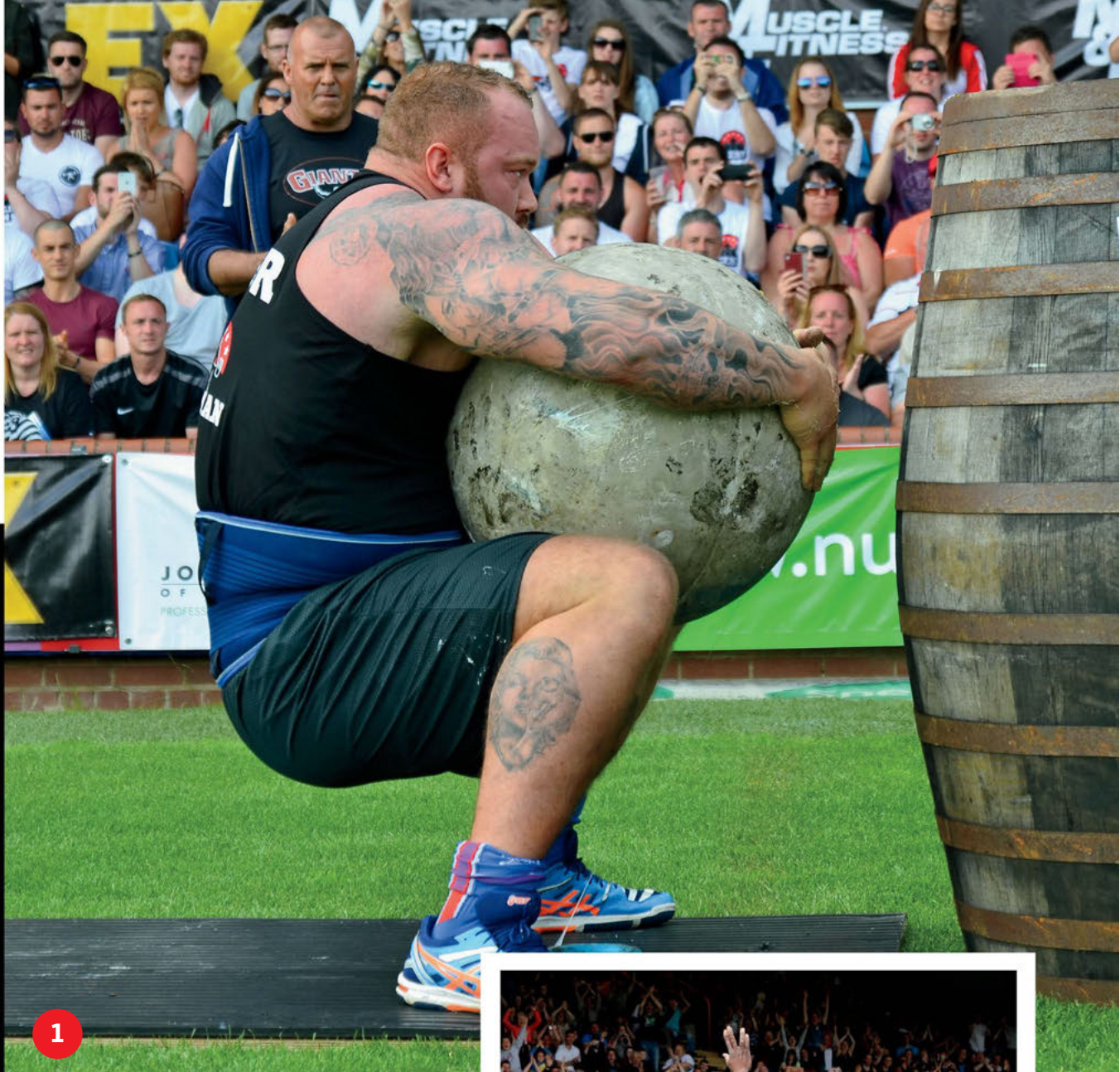
\* NEW WORLD RECORD



- 1 The Beast roars after breaking the world record.
- 2 Colin Bryce inducts American legend Bill Kazmaier into the Strongman Hall of Fame.
- 3 Scotland's Luke Stoltman managed 380 kg but failed at 400 kg.
- 4 Andy Bolton achieved his 47th 900-lbs deadlift on home soil in Leeds.



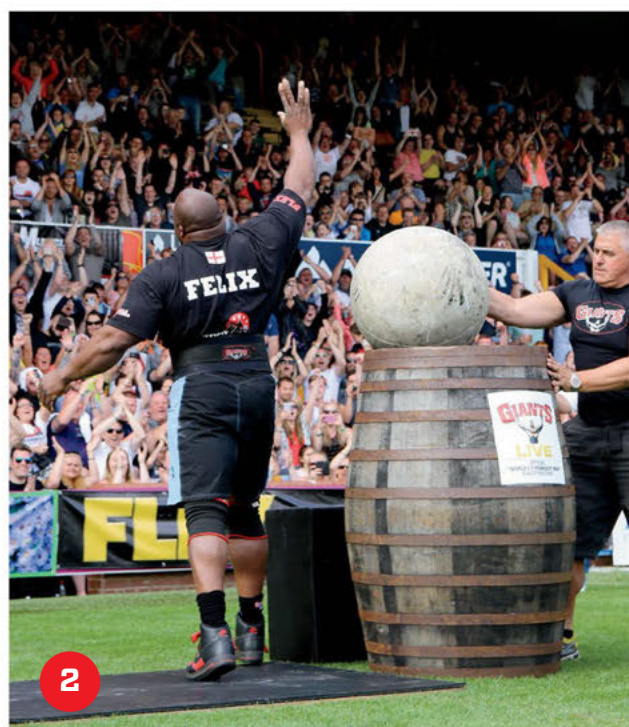




1

# GAME OF STONES

Atlas stones specialist  
**HAFTHOR BJORNSSON**  
wins Europe's Strongest Man



2





- 1 Thor on his way to victory in the Atlas Stones.
- 2 Mark Felix finished equal third at 49 years old.
- 3 Terry Hollands, Britain's best strongman this century, made an encouraging comeback.
- 4 Thor lifts the trophy.



**TO TV FANS** he's The Mountain, the brutal warrior of Game of Thrones. But in the strength world Hafthor Bjornsson is no actor; he's the real deal, as he proved by becoming a two-time winner of Europe's Strongest Man.

Even by strongman standards – and humans don't get any bigger than strongmen – Thor is enormous. He's also surprisingly athletic, as he proved in the more mobile events, such as the lifting medley, where you have to move quickly as well as lift big – sorry, enormous – weights.

After finishing second in the World Deadlift Championships, Thor blitzed the medley to be equal first with Hall on 19 points after two events. They were already six points clear of the field and looked set for a great match-up but Hall withdrew citing a hip injury. After lifting 463 kg, it was hardly surprising.

When Bjornsson annihilated everyone in the car walk, he was nine points clear of his remaining opponents at the half-way point. Victory seemed a formality but then something strange happened: he started losing.

Krzysztof Radzikowski, always a tough opponent, won the hammer hold and then shoulder pressed a 150 kg log six times in a minute to get another maximum 10 points. Bjornsson could only manage fourth in both events and with one event to go only two points separated him and the Pole.

Unfortunately for Radzikowski that event happened to be the Atlas stones, an event at which Thor is nigh on unbeatable. His height and long arms help him grip the boulders and raise them on to platforms and he loaded six stones weighing 100 kg, 120 kg, 140 kg, 160 kg, 180 kg and 200 kg in just 30 seconds to win easily. Thor and American Brian Shaw are kings of the stones.

Thor's thoughts then turned to beating Shaw and winning the World's Strongest Man. He's been on the podium for the last three years but has yet to be number one. "It's coming," the Viking yelled at the crowd.

Radzikowski finished second and Blackburn's Mark Felix was joint third at 49 years old. Felix is known for his grip strength but he showed he still has phenomenal all-round ability by finishing second in the car walk, hammer hold and Atlas stones. The guy is a freak of nature.

Terry Hollands, twice a podium finisher at the World's Strongest Man, finished equal seventh. Hollands had only been

## EUROPE'S STRONGEST MAN

- 1 HAFTHOR BJORNSSON / Iceland / 52
- 2 KRZYSZTOF RADZIKOWSKI / Poland / 48
- 3 MARK FELIX / England / 40
- 3 DAINIS ZAGERIS / Latvia / 40
- 5 MATJAZ BELSAK / Slovenia / 35
- 6 DIMITAR SAVATINOV / Bulgaria / 26
- 7 TERRY HOLLANDS / England / 4
- 7 LUKE STOLTMAN / Scotland / 24
- 9 EDDIE HALL / England / 19
- 10 RAUNO HEINLA / Estonia / 8



training for eight weeks after a lengthy absence and entered at the last minute so this was an encouraging performance that suggested Big Tel could again be a force. Scotland's Luke 'The Highland Oak' Stoltman, who tied with Hollands, equipped himself well in the biggest contest of his career so far.

Thor's success meant Britain's wait to win Europe's Strongest Man continues. But with Hall's world record deadlift, perhaps it doesn't. As emcee Colin Bryce told the crowd: "If you rate deadlifters number one then he is number one." **M&F**



## ABOUT THE MODEL



**NAME** Chris Roberts

**AGE** 27

**BORN** Cardiff

**LIVES** Cardiff

**HEIGHT** 183 cm / 6 ft

**WEIGHT** 83 kg / 183 lbs

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# GAIN WITHOUT PAIN

**Shoulder injuries are amongst the most common in the gym. Leading British physiotherapist GRAHAM BURNE explains how to avoid the common pitfalls of working this complex joint.**

**PHOTOGRAPHY BY  
SIMON HOWARD**

**NO PAIN, NO GAIN**...everybody is familiar with this expression. But if you suffer discomfort during a shoulder workout, it could spell trouble. What starts as a twinge can soon get worse, yet many gym goers ignore it until the pain becomes intolerable. ❗ It's a familiar tale. Shoulder injuries are amongst the most common in the gym and often require lengthy rehabilitation or surgery. Well intentioned but harmful advice often makes matters worse. ❗ The bottom line is that the shoulder is a complex joint. It's worth taking time to learn the basics and taking the steps necessary to prevent your gains being compromised by injury.

# SHOULDER BASICS

The shoulder is the most flexible joint in the body, but the flip side is, it's also one of the less stable.

I say 'joint' but it is not actually a single joint. It is the articulation between the head of the humerus bone on the upper arm and the glenoid fossa socket on the shoulder. It's often likened to a golf ball resting on a rather large tee. The joint is designed for maximum mobility to allow a broad spectrum of upper body movement, but this inherent instability is at the root of many problems.

The rotator cuff is crucial because it stabilises the shoulder. Most shoulder injuries affect the rotator cuff and the purpose of most rehab work is to strengthen it.

The rotator cuff consists of four muscles that can be remembered by the acronym SITS: supraspinatus, infraspinatus, teres minor, and subscapularis. These muscles originate from different parts of the scapula (shoulder blade) and insert into the humeral head, converging together into a tendinous 'cuff' around the joint.

Problems usually occur when tight internal shoulder rotators pull the humeral head forwards and inwards. If the external shoulder rotators are weak, they are unable to counteract this force and this leads to pain in the rotator cuff.

Although the pain is felt in the shoulder, the root of the problem is usually more widespread. The chest, back, and bicep muscles all traverse the shoulders, so every upper-body workout activates the rotator cuff to some extent. Unfortunately, many of the exercises we do for these body parts cause internal shoulder rotation, as the chart below indicates. ▼

There is an obvious mismatch between the internal and external shoulder rotators. Guys that hammer their pecs and lats are potentially storing up problems by overtraining their internal rotators and neglecting their external rotators.

## EVIDENCE

**1/** Studies testing the rotator cuff strength of patients with shoulder impingement syndrome consistently show muscular imbalances between external rotator and internal rotator muscles of the injured shoulder.

**2/** Significant decreases in electrical activity in the supraspinatus and infraspinatus rotator cuff muscles were found in subjects with shoulder impingement syndrome compared with uninjured subjects.

**3/** A number of studies have measured the strength ratio of the external rotators and internal rotators in healthy uninjured subjects. They report that one should be at least 60-70% as strong as the corresponding muscle group. So if your internal rotators can lift a weight of 5 kg, your external rotators should be able to pull a weight of between 3-3.5 kg to prevent muscular imbalances.

## GOLDEN RULES

**1/** Do not ignore shoulder pain. Training through it will lead to more serious injury, which will require longer and more invasive treatment. If you experience pain, incorporate rest and a modification period into your programme to rest the muscles from grating and teach them how to be exercised safely.

**2/** Be wary of exercises that require excessive internal rotation of the shoulder, such as front raises, lateral raises with thumbs down and upright rows. These moves put the supraspinatus muscle in a potentially compromised position.

**3/** Strengthen your middle and lower trapezius and rhomboids to increase scapula (shoulder blade) stability. Try reverse flies with straight elbows for middle traps.

**4/** Keep external rotators strong and internal rotator muscles flexible to avoid a poor internal / external strength ratio, which results in the humeral head pulling forward. Regular stretching after workouts helps.

## TRY THIS WORKOUT



Search for rotator cuff exercises on the Internet and a plethora of generic moves appear. The exercises below don't cover everything, but they are the most effective moves for most guys looking to improve their range of motion and the strength of their rotator cuff and scapula.

The rotator cuff is comprised of a similar number of slow and fast twitch muscle fibres, so your aim should be to increase muscular endurance and you should vary the tempo. Resist the urge to go heavy: this programme is about preventing injury rather than hypertrophy, so it's a short-term measure that will allow you to gain without pain afterwards.

Incorporate the following exercises into your routine for four weeks. They will greatly increase your chances of avoiding injury and allow you to blast your delts safely in the months to follow.

In weeks one and two, do 3 x 30 reps and adopt a slow tempo of 3 secs up, 3 secs hold, 3 secs down.

In weeks three and four, do 4 x 20 reps, adopting a fast tempo of 1 second up, 0 sec hold and 2 secs down.

SHOULDER INTERNAL ROTATORS		SHOULDER EXTERNAL ROTATORS
Pectoralis Major	VS.	Infraspinatus
Latissimus Dorsi		Teres Minor
Subscapularis		Posterior deltoid
Teres Major		-
Anterior deltoid		-





## REVERSE PALLOF PRESS

### OBJECTIVE

To isolate activation of the rotator cuff muscles and avoid unwanted contractions of the deltoid.

### START

Hold a cable pulley by your chest and stand with your right shoulder pointing towards the machine. You should be able to feel tension on the cable.

### MOVEMENT

Keeping your shoulders and hips square, press the cable straight out in front of your body, resisting the tendency to rotate towards the machine. The left shoulder should work to stop internal rotation through the movement. Hold, then slowly return your hands to your chest.



## STEP AWAY ISOMETRIC CUFF

### OBJECTIVE

To help the infraspinatus and the teres minor muscles contract in isolation of the deltoids, which is a key component of shoulder stability.

### START

Holding a cable pulley, stand with your arm by the side of your body and your elbow at 90 degrees.

### MOVEMENT

Keep the arm in the starting position and lunge sideways. Focus on preventing the arm from rotating inwards.





## PLANK WITH VENTRAL EXTERNAL ROTATION

### OBJECTIVE

A strong core is a key component of good shoulder function so simultaneously performing a plank with a rotator cuff exercise is doubly beneficial.

### START

Adopt a plank position with a resistance band looped around your wrists.

### MOVEMENT

Keep your head neutral and back flat and move alternative forearms outwards a couple of inches out to the side.

## SINGLE-ARM BARBELL PUSH PRESS



### OBJECTIVE

To strengthen the rotator cuff. It provides a better angle for shoulder pressing than overhead presses due to the neutral grip.

### START

Adopting a shoulder width stance, pick up an anchored bar in one hand.

### MOVEMENT

Extend the elbow, pushing the weight up then fully extend the hips and knees to produce maximal force.







## OVERHEAD WINDMILL



### OBJECTIVE

To stabilise the scapula by making the body work around the stable arm and shoulder rather than the shoulder moving on the stable body (as in traditional shoulder presses). This works the shoulder in a different way by challenging the rotator cuff to constantly activate and stabilise.

### START

Press a kettlebell directly upwards and maintain an extended arm throughout the exercise.

### MOVEMENT

With your legs at a suitable distance apart to allow both hip and shoulder flexibility, turn outwards the foot on the opposite side to the extended arm and reach down and touch your toes. Keep your legs straight (but not necessarily locked) and your chest out.

### OBJECTIVE

This staple exercise of shoulder rehabilitation programmes improves control of the scapula.

### START

Begin in an elevated push-up position. Brace your core and remain contracted throughout the movement.

### MOVEMENT

Lower your body until your chest nearly touches the surface. Pause, then push back to the start. Once your arms are fully extended, continue pressing your palms into the ball and drive your shoulder blades towards the ceiling. Return to starting position.



## BOSU PUSH-UP



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**GRAHAM BURNE** has Bachelor of Science degrees in physiotherapy and sports science. He is a clinical specialist / ESP physiotherapist working in the NHS, private practice, and elite sport. He is the clinical director of [wholelifephysio.com](http://wholelifephysio.com). For more information visit [kxlife.co.uk](http://kxlife.co.uk).



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the fifth

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# SUPPS

THE LATEST IN SUPPLEMENT AND PRODUCT NEWS

## Under the Microscope:

Taking a purely scientific look at the best products

in the world of sports supplements **BY TIM N. ZIEGENFUSS, PHD, FISSN**

**PRO-VIT SPORT MULTIVITAMIN/MINERAL COMPLEX** is the foundation of **Pro-Vit Sport**. This provides the most critical vitamins and minerals your body needs, including vitamin A (as beta-carotene and acetate), the B vitamins, vitamin D3, vitamin E, vitamin C, calcium, zinc, selenium, chromium, iodine, manganese, and molybdenum. A solid multivitamin/mineral complex should be the cornerstone of your nutritional plan. Vitamins play numerous important roles in the body. Some have hormone-like functions that regulate cell and tissue growth. Others function as antioxidants, and most help to form enzyme cofactors. Minerals are involved in so many functions in the body that it's impossible to even begin to list them. Research has shown that athletes and those who train intensely lose many critical vitamins and minerals, such as B vitamins, vitamin C, chromium, selenium, zinc, and magnesium. This is due to a variety of factors, such as loss of the minerals in sweat and urine, as well as their increased use for energy production during workouts and recovery. Therefore it's important to evaluate your overall diet to see if supplementation is required for optimal performance and physique changes.

**VITAMIN D** is a fat-soluble vitamin that functions as a steroid hormone precursor. Humans get vitamin D in one of two ways: 1) by ingesting it directly from the diet and 2) through exposure to ultraviolet radiation (usually the sun). In the first scenario, the best dietary sources of vitamin D are salmon, sardines, tuna, milk, and eggs. In the second scenario, vitamin D is produced when sunlight activates a type of cholesterol in our skin called 7-dehydrocholesterol to cholecalciferol (known as vitamin D3). Subsequent enzymatic reactions in the liver and kidneys result in the production of calcitriol (also known as

1,25-dihydroxycholecalciferol) which is the biologically active form of vitamin D. Vitamin D is most well known in medical circles for its beneficial effects on bone health, blood sugar control, immune function, cardiovascular health, and cognitive function. However, recent research has uncovered that vitamin D affects over 2000 genes in the body, including several in skeletal muscle.

A growing number of researchers now believe that vitamin D has anabolic properties under certain circumstances. Although more clinical trials are necessary, some preliminary evidence suggests that vitamin D increases total and free testosterone

concentrations and increase the expression of the androgen receptor in myocytes (muscle cells).

Far too many of us are downright deficient in vitamin D, or at least have "sub optimal" levels in our body. This is especially true if you have dark skin tone, use lots of sunscreen, and/or live North of the 37th parallel north latitude.

**ZINC** is an essential mineral found in oysters, meat, eggs, and poultry. Like a few other minerals, zinc has far-reaching roles in the body, and is often limiting (i.e. suboptimal) in hard training athletes. Supplementation with zinc has been shown to reduce the length and severity of colds, increase IGF-1 (a muscle growth factor), and increase sperm production. In one study, athletes given zinc, along with magnesium and vitamin B6 noted increases in isokinetic strength and free testosterone levels compared to those given a placebo.

**VITAMIN B6** is a water-soluble vitamin that is essential for health. "Essential" in this case means it has to be obtained from the diet because humans cannot synthesize it internally. Vitamin B6 is found in high concentrations in chickpeas, tuna, turkey, bok choy,



spinach, beef, cauliflower and other fortified foods. Despite this, deficiencies in vitamin B6 are quite common because many food sources contain the glycosylated form that has reduced bioavailability. Vitamin B6 is intimately involved in carbohydrate, fat, and protein metabolism in the liver. In addition, it acts as important enzyme in the biosynthesis of hemoglobin (which helps transport oxygen throughout the body) and in the production of gamma-aminobutyric acid (GABA), a neurotransmitter which helps regulate sleep cycles and blood pressure. Supplementation with vitamin B6 also helps decrease urinary oxalate levels, which are a risk factor in kidney stone formation. Some studies have also reported that vitamin B6 can improve cognitive function and memory. Small,

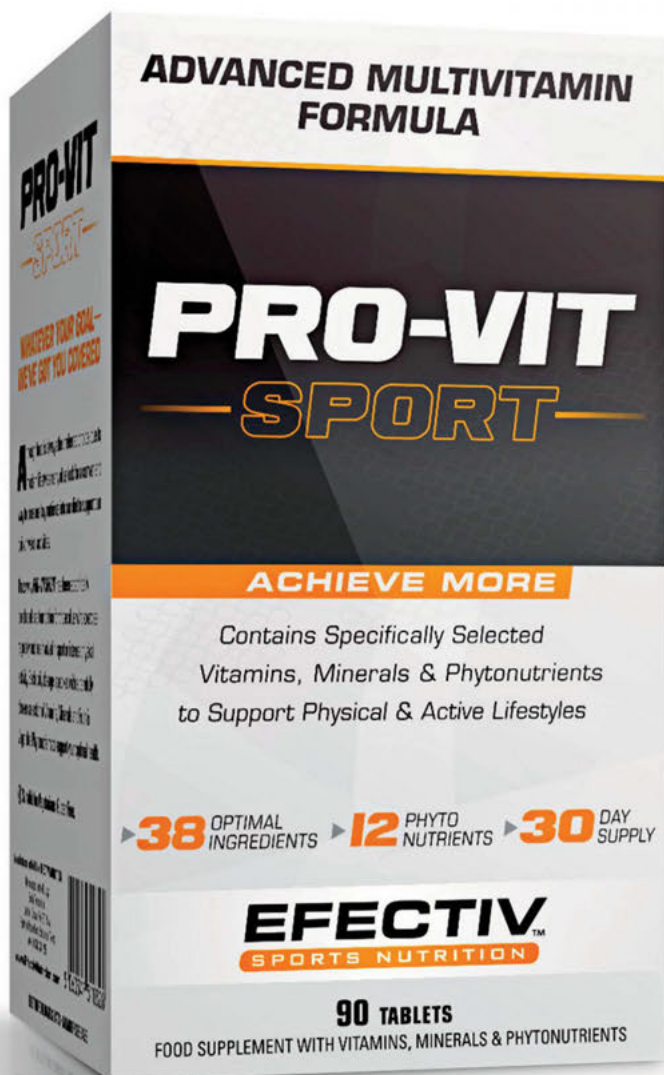
daily doses of vitamin B6 can help your body produce physical and mental energy, fight off bacteria and viruses, and support the anabolic effects of protein ingestion.

**MAGNESIUM** is a mineral that participates in over 300 chemical reactions within the body, including energy production, DNA/RNA synthesis, and muscle contraction. Almost 90% of the magnesium contained in the human body is found in the skeleton and skeletal muscles. A few studies have reported increases in total and free testosterone values in subjects taking magnesium for at least four weeks. One seven-week study reported that subjects who took magnesium supplements increased their leg strength 20% more than those

who took a placebo. Many athletes I work with have magnesium levels that are below what is considered optimal for health and performance because they do not eat enough magnesium-rich foods (seafood, green leafy vegetables, etc).

**VITAMIN C** (ascorbic acid) is a water-soluble essential vitamin found mainly in fruits, red peppers, and broccoli. Athletes typically use supplemental vitamin C for its antioxidant benefits and purported effects on preventing the common cold. This effect is generally true if vitamin C is taken as a preventive measure, rather than a treatment per se. A few (but not all) studies have shown that vitamin C can reduce delayed onset muscle soreness and increase fat burning in subjects who have suboptimal vitamin C status. The latter effect is thought to be the result of the necessity of vitamin C in the formation of carnitine, and the fat-burning enzyme carnitine palmitoyl transferase. Doses of 500 mg per day of vitamin C have been shown to improve circulation in humans (body builders love this "pump" effect) and reduce blood pressure to normal levels. Vitamin C is also beneficial for immune support and chronic ingestion appears to be somewhat protective against stroke and heart attack. With so many upsides and almost no downsides, this is one super vitamin that you should be taking.

**ALPHA LIPOIC ACID** is a vitamin-like fatty acid that is known as the "universal antioxidant". This name stems from the fact that alpha lipoic acid is both fat and water soluble, and can therefore combat oxidative stressors found inside the watery interior of the cell as well as outside the fatty acid (phospholipid bilayer) cell membrane. Other important roles played by alpha lipoic acid are metal chelation (ie. binds to and helps eliminate copper, lead, zinc, mercury, iron) glucose control/insulin signaling, and as an anti-inflammatory aid. There is also some evidence that alpha lipoic acid reduces appetite, improves blood vessel function, and increases calorie burning.



## BOWFLEX MAX TRAINER: THE ULTIMATE 14-MINUTE TOTAL BODY WORKOUT

Bowflex MAX Trainer: The ultimate 14-Minute Total Body Workout. Struggling with time to work out? The new Bowflex MAX Trainer delivers a calorie-scorching total body workout in just 14 minutes!

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→ **BURNS 2.5X MORE CALORIES EVERY MINUTE** - Compared with treadmills,

steppers and ellipticals used at the same intensity, you can blitz more calories by up to 2.5 times per minute. That's 600 calories+ in just 30 minutes.

→ **FULL BODY ENGAGEMENT** - The MAX activates more core, lower body muscles and 80% more upper body muscles than ellipticals. Plus, it's 200% better on the joints than treadmills.

→ **THE AFTERBURN EFFECT** - You burn calories long after you've stepped off the machine, with calorie burn lasting up to 48 hours.

→ **SMALL FOOTPRINT** - At just 2.5 x 3.5ft, the MAX Trainer is incredibly compact. A treadmill needs more than 2x the space!

*The MAX Trainer is available to buy online or in-store at [www.fitness-superstore.co.uk](http://www.fitness-superstore.co.uk). For more information and videos of the MAX Trainer, see [www.fitness-superstore.co.uk/maxtrainer](http://www.fitness-superstore.co.uk/maxtrainer)*



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# Virtually Zero Fat Cheese!

The guys at Muscle Food have done it again, your craving prayers answered in the form of their brand new range of virtually zero fat cheeses.

Now it's safe to say we were more than a little excited about the arrival of this new addition. The one thing missing from their epic juicy lean burgers in a protein bap was the addition of a healthy cheese, but it's here and it's damn good.

We, like you had our reservations before trying it. Visions of the bland, rubbery low fat cheese you find in your supermarkets filled our heads. But this stuff is seriously good - you genuinely can't tell the difference. But was it different is that these delicious cheeses won't leave you wondering what on earth you



are going to eat for the rest of the day because you maxed out your macros. They are all stupidly low in fat and calories. Let's take a look at what's on offer and how the macros stack up against their regular equivalent:

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- Regular Mozzarella - 17g of fat per

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- Regular Monterey Jack - 8.4g of fat per serving Vs Muscle Food's Jalapeño Jack - 4g

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■ Setbacks are an inevitable part of life, and that's true in your training, too. You're bound to have workouts that don't feel quite right, or times when you'd rather take a break than push through. It's how you react to these moments that matters most. The key to getting stronger, both inside and out, is to keep going when all you want to do is give up. At *Hers*, we're here to lend a helping hand, with motivational tips, nutrition strategies, and fresh training ideas that will inspire you to reach new heights.





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**Erin Stern**

**2x Ms. Figure  
Olympia champion,  
USATF competitor**

**Hometown:** Tampa, FL

**Occupation:** Online  
coach/consultant,  
author, motivational  
speaker

**Facebook:** /FitErin

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LOVE THE  
JOURNEY AND  
LOVE YOURSELF.  
GIVE 100% AND  
YOU WILL BE  
HAPPY AND  
SUCCESSFUL!"**



# **ERIN STERN'S ULTIMATE LEG DAY: SMITH MACHINE WORKOUT**

The Smith machine is one of the most versatile pieces of equipment in the gym, but with its tower frame, locking bar, and safety latches, it can also be the most intimidating. Two-time Ms. Figure Olympia **Erin Stern** has your back!

She designed this workout to harness the all-out muscle-isolating power of the Smith machine so that you can sculpt lean legs and a sexy butt all in one place.

BY **CAT PERRY** | PHOTOGRAPHS BY **BOB CROSLIN**



## Romanian Deadlift

**SETS:** 4 | **REPS:** 10  
**WORKS:** CORE, LOWER BACK, GLUTES, HAMSTRINGS

- Stand with feet hip width in front of the barbell. Grasp bar with overhand grip, hands shoulder width. Unlock bar.
- Looking forward and with a natural arch in your lower back, fire your hamstrings and glutes to lift the barbell until your body forms a straight line. This is your starting position **(A)**.
- Press your hips and glutes back, keeping knees slightly bent, allowing the bar to drag along thighs until it's just below your knees **(B)**. Keep chin up and lower back arched.
- Drive through your heels to return to start.



## Sumo/Plié Squat

**SETS:** 4 | **REPS:** 10  
**WORKS:** GLUTES, QUADS, HAMSTRINGS

- Stand in front of Smith machine with the barbell resting across your shoulders. Place your feet wider than shoulder-width apart in a sumo stance, feet slightly turned out.
- Grasp bar with a shoulder-width grip, brace your abs, and lift bar off of rack **(A)**.
- Hinge forward from hips and lower into a squat, keeping chest up and lower back arched, until thighs are parallel to the floor **(B)**.
- Drive through heels to return to standing.

## Zercher Squat

**SETS:** 4 | **REPS:** 10  
**WORKS:** GLUTES, QUADS

- Stand at the Smith machine, barbell in front of your body and racked at elbow height.
- Bend arms around bar so it rests in the crook of your elbows. Keep feet hip width and toes turned out slightly. Lift it slightly to unlock bar **(A)**.
- Bracing your abs and keeping your chest up, hinge back with your hips into a squat until your thighs are parallel with the floor **(B)**.
- Push your knees out and drive through your heels to return to standing.







## Curtsy Lunge with Iso Hold

**SETS:** 3 | **REPS:** 8 (PER SIDE)  
**WORKS:** GLUTES, QUADS, CALVES

- Stand at Smith machine with bar resting across shoulders, feet hip width. Unlock bar.
- Lunge left foot back behind you to the left until front thigh is parallel with the floor and left knee is nearly touching the floor, keeping your chest up. Pause for two seconds.
- Return to standing, placing right foot hip width from left. Repeat for reps; switch sides.



## Calf Raise

**SETS:** 4 | **REPS:** 10 | **WORKS:** CALVES

- Stand at Smith machine on top of a step and grasp the bar across your shoulders with feet hip-width apart, toes forward.
- Squeeze glutes and rise onto balls of your feet. Get a good stretch in your calves at bottom of rep by letting your heels hang below step level.

## Glute Kickback

**SETS:** 3 | **REPS:** 12-15 (PER SIDE) | **WORKS:** GLUTES

- Place a mat underneath Smith machine and set the bar safety latches to one of the lower latches, at about knee height. Unlatch Smith bar and let it rest on the safety.
- From your hands and knees, place the sole of your left foot in the middle of the bar, with your left knee directly below your left foot and left knee below your left hip (A).
- Keeping your back straight and left foot level, kick your leg up as high as possible (B). Lower your foot until it's nearly touching the safeties.



# Turbo Row

For a total-body, fat-blasting workout, it's hard to beat the indoor rower

BY KRISTIN MAHONEY

• **THE MOST** overlooked—and underrated—cardio machine in the gym just might be the indoor rower. Also known as an ergometer (or “erg” among enthusiasts), the rower offers a high-intensity, full-body burn: A 140-pound woman rowing at a good pace can blast 119 calories in only 15 minutes. “Rowing is multifaceted in its benefits—there is virtually no impact, it can be as intense as you want, and it’s versatile enough for any fitness level,” says Arielle Childs, an instructor at Row House studio in New York City.

Many think of rowing as primarily an upper-body workout, but it actually works the entire body, including your upper back, shoulders, arms, core, glutes, hips, and especially legs. Before you hop on a machine and start pulling, keep in mind that form is the key to getting a good workout and

preventing injury. New erg users “tend to pull with their back rather than pushing with their feet, which can lead to back injury,” explains Childs. Newcomers often just go for speed or do the mechanics out of order, both of which compromise results.

To stroke, first push off with your legs, then pivot your back, then pull the handle toward your body,

bringing it level with the bottom of your sports bra. Follow that order (legs, back, arms) to aid your technique. Then to come back, aka the recovery, reverse that order: Extend your arms, bring your core forward, and then bend your knees into your catch position.

“The entire stroke, both the drive and recovery, should be completed in one fluid motion,” Childs says.



■ **Function follows form:** Rather than going for speed, dial in your technique.

## FAT-BLASTING ROWING ROUTINE

Once you’ve got your form set, try this total-body burner from Childs. There are no built-in breaks, so just rest as needed.

### WARMUP (8 TO 10 MIN.):

Get on the erg and focus on the parts of stroke and recovery to improve technique.

### PYRAMID:

Focus on increasing your stroke rate by taking about 10 to 15 strong strokes at the following pace (strokes per minute): 20, 22, 24, 26, 28, 30, 28, 26, 24, 22, 20.

### • Strength moves:

Hop off the rower and do the following exercises for 45 seconds each: pushups, squats, crunches, planks.

### POWER INTERVALS:

Pick up the pace and row for 20 seconds (try

to maintain a 24 to 26 stroke rate), then recover for 20 seconds; repeat. Then row hard for 40 seconds, with 20 seconds of recovery, two times. Finish with 60 seconds of hard rowing, with a 20-second recovery after each.

### • Strength moves:

Hop off the rower and do the following exercises for 45 seconds each: side plank left side, side plank right side, V-up, Russian twist.

### DISTANCE:

Go as far as you can in three minutes, aiming for at least 600 meters. (If you pass this number, keep going.) Recover for 60 to 90 seconds, then repeat, trying to add an additional 20 meters to your previous distance.

Finish with a few minutes of total-body stretching.



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**Q** “I train two to three hours in Muay Thai and jiu-jitsu, plus 30 minutes of cardio in the morning, some yoga or Pilates every other day, and lift once or twice a week. I eat between 1,500–1,600 calories a day with a balance of carbs, fats, and protein and then have one refeed day of around 2,000 calories. I get enough sleep, take a rest day, and have a daily multivitamin. But despite all of my careful planning I am still exhausted. What am I doing wrong?”

—DOMINIQUE R., VANCOUVER, BC

“This is a complicated question because each person’s individual needs are unique based on gender, body weight, and physical activity. But my gut tells me you are not consuming enough calories or getting enough hydration throughout the day,” says Felicia Stoler, M.S., R.D., a nutrition and exercise physiologist and the author of *Living Skinny in Fat Genes*. “My next suggestion would be to balance out your calories so that you eat close to what you need every day—not low on some days and then one binge day each week. **I’d rather see you eat 1,800 calories every day than not get enough and try to make up the difference in one day.**” And don’t forget about quality with that quantity. “Make sure you’re getting enough fruits, veggies, and whole grains,” adds

Stoler. “It may be helpful to meet with a registered dietitian who can help you determine your nutrient needs.”

**Q** “What’s a good hamstrings isolation exercise? My glutes tend to take over whenever I try to go up in weight in linear leg presses and deadlifts.”

—AMBER S., ALPHARETTA, GA

**The hamstrings are a fast-twitch muscle group that responds best to explosive movements.** If you want to completely isolate these muscles, the single-leg lying or standing leg curl machines may be your best options. But they’re not necessarily the most effective ones, says *Hers* technical adviser Gino Caccavale. “Your hamstrings work harder

when your glutes are activated,” he adds. “You need that assistance for different and heavier loads.” Caccavale recommends the GHD, or glute-ham developer. “It’s the best apparatus to lengthen and contract the hamstrings at the knee and hip.” Romanian deadlifts are also effective, but form is crucial: Push your hips back as you lower the barbell to midshin, then drive your hips forward and push from your heels as you rise. Alternate the GHD and Romanian deadlifts every other workout for

**WATER WORKS:** Staying hydrated throughout the day can help boost performance and curb feelings of fatigue.

maximum effect. And try training your hamstrings on a separate day from your quads, or two days after a heavy leg day, to boost results.

**Q** “Is my heart-rate monitor accurately reading how many calories I’m burning?”

—DURELL D., LAS VEGAS, NV

“It probably has a margin of error of about 15%,” says John P. Higgins, M.D., associate professor of medicine at the University of Texas Health Science Center. Factors such as height, weight, and age help predict calories burned based on common algorithms, but your fitness, gender, genetics, exercise duration, and body mass index also help determine calories burned, he adds. The most accurate models use both a chest strap and wrist monitor.

DO YOU HAVE A DIET, FITNESS, OR TRAINING QUESTION YOU WANT A *HERS* EXPERT TO ANSWER? E-MAIL US AT [ASKTHEED@MUSCLEANDFITNESSHERS.COM](mailto:ASKTHEED@MUSCLEANDFITNESSHERS.COM)



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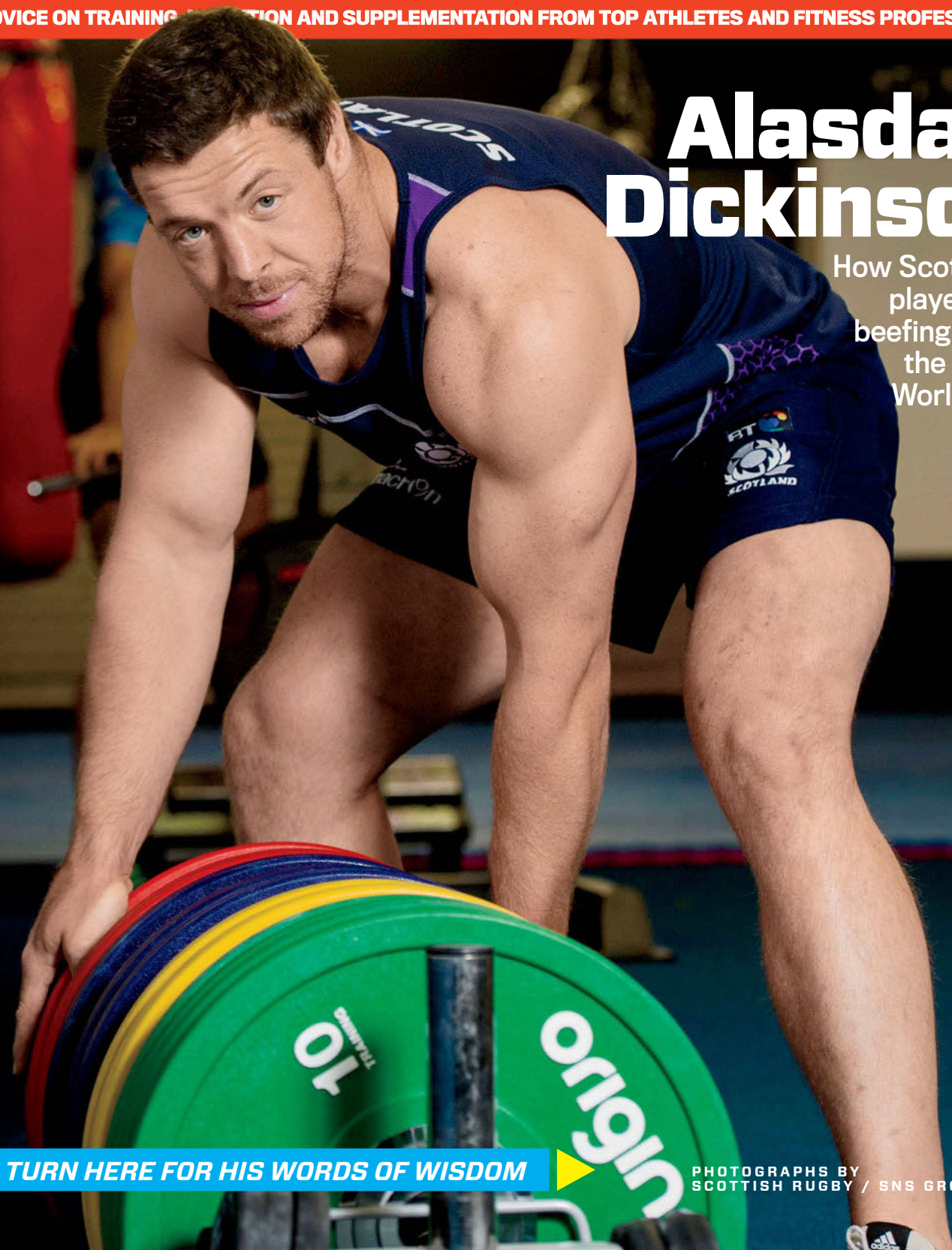
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## Alasdair Dickinson

How Scotland's players are beefing up for the Rugby World Cup.



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# Forward Power

**ALASDAIR DICKINSON** on Scotland's gruelling Rugby Union World Cup preparations. **BY JOHN PLUMMER**

**THE RUGBY UNION WORLD CUP**, which runs from September 18 to October 30, is one of the world's biggest—and most physically demanding—sporting contests. Loosehead forward Alasdair Dickinson talks about Scotland's preparations.

## How long have you prepared?

**Alasdair Dickinson:** We started with a three-week training block in June, beginning with altitude training in the Pyrenees. Since then, we have done three weeks on and one week off until the start of the tournament. We train Monday to Friday and have weekends to recover. It's been tough.

## What gym work do you do?

We don't tend to do split body parts. We do three or four weights sessions a week and there is a lot of deadlifting and squats, a push and a pull day, and a lot of Olympic lifting. If you're fresh, you might throw in an upper body bodybuilding workout on your day off. When it comes to squatting and deadlifting, we rarely go over five reps. Usually, it's sets of doubles, triples, and fives.

## Why is Olympic lifting so popular?

It's the best way of becoming explosive. Rugby is a power-dominant sport so the more explosive you are, the more ground you gain. A lot of guys are big and strong but can't transfer it on to the pitch. We focus mainly on cleans and power cleans; we don't do that much snatching.

## Who is the strongest player?

Big Jon Welsh, who plays prop, squats well over 260 kg and we all squat ass to grass. If you don't, it doesn't count. Sean Lamont, a winger, is much lighter, but he can power clean 160 kg. There's always rivalry in the gym, which is good because we are challenging ourselves to get stronger.

**"RUGBY IS A POWER-DOMINANT SPORT, SO THE MORE EXPLOSIVE YOU ARE, THE MORE GROUND YOU GAIN."**

## What do you eat in a typical day?

Quite a lot! As an example, I have a bowl of porridge and a 10-egg omelette and grapefruit for breakfast; a shake mid-morning, and a big baked potato with chicken or fish and vegetables for lunch. I have an afternoon snack, such as a kebab skewer and couscous, plus another shake and fruit. In the evening, I have red meat, carbs, and veg, then, at bedtime, I have cottage cheese, rice cakes, and peanut butter. I consume up to 6,500 calories daily. Sometimes I get up in the night and have a protein shake.

## What's your main protein source?

I eat a lot of grass-fed, organic red meat. I don't eat processed food or junk—my wife is a figure athlete so we don't have any in the house! Our nutritionist Richard Chessor is a self-confessed food nerd. His life is about finding what foods work best for each of us. My body fat is about 10-12 per cent. Being too lean in the front row can lead to injury.

## How have attitudes to training changed during your career?

In 2007, we did a World Cup preseason and really hammered the weights and put a lot of size on. Now, you have to improve on every level, whether it's getting stronger, faster, or fitter. Programmes are more individualised and there are more resources at our disposal. Ten years ago, we had one strength and conditioning coach and the forwards and backs did generic programmes so there was nothing catering for individual strengths and weaknesses.

## Has that changed?

Now we train in small groups and there are four strength and conditioning coaches and a few young interns. All the evidence is recorded so they know how strong and fit you are and how well you slept. With all this sport science, there's no hiding: you either do the graft or you're out. Rise and grind.

## Are you constantly striving to get bigger?

You can get massive if you want but I'm not sure it would be good. I stay at about 112 kg all year round. I maybe put a couple of kilos on pre-season. You have to be fit enough to get around the park.



NAME

**Alasdair  
Dickinson**

AGE

**32**

PLACE OF BIRTH

**Dundee**

LIVES

**Edinburgh**

HEIGHT

**6" 1' / 184 cm**

WEIGHT

**112 kg / 17 st 7 lbs**

CAREER HIGHLIGHT

**Playing for  
Scotland**

AMBITION

**To win something  
with Scotland  
and make the  
country proud**

TRAINING ADVICE

**Fitness has a  
huge part to play,  
but, first and  
foremost, hone  
your rugby skills.**

CONTACT

**Twitter  
@ally\_dickinson**



# Model Makeover

Playboy cover model **LOUISE GLOVER** is now gunning for a top fitness title. **BY JOHN PLUMMER**

**Louise Glover is one of Britain's highest profile models**, having appeared on the covers of *Playboy*, *Maxim*, and *FHM*. She's now also one of the fittest, which she proved by winning the bikini and fitness category of the UKBFF's new model and talent division, which earned an invitation to compete at the Amateur Olympia in Liverpool on October 31. The multi-talented personal trainer, who is also a clinical nutritionist, is sending out a powerful message about women and weights to her 1.4 million social media followers.

## **Muscle&Fitness: Have you always been athletic?**

**Louise Glover:** At high school I was great at all sports: sprinting, long jump, hurdles, and relay and was a semi-pro trampolinist. I always had an athletic frame: broad shoulders, strong obliques, and quad dominant.

## **Was this good for modelling?**

I started modelling at 18 and I wasn't always made to feel comfortable with my body as most lingerie clients and photographers liked to point out my athletically shaped body. Most people asked if I was a swimmer.

## **When did you get seriously into fitness?**

I fell seriously ill three years ago with septicaemia and, as soon as I came out of hospital, I decided to get my body and health back. I trained two hours a day and started eating all the superfoods. I started a personal training course then learned about nutrition and disease prevention. I soon noticed my body changing and decided to go back to competing,

but this time in fitness rather than beauty pageants.

## **Has being more muscular impacted your modelling career?**

I've now got a lot of fitness modelling work and recently shot with Nike, Adidas, and Reebok.

## **What impact does your physique have on other females?**

It's had a positive and encouraging impact. A lot of my followers describe me as strong, healthy, and inspiring.

## **Describe a typical week's training**

I do strength training every day. It usually breaks down like this:

**MONDAY, WEDNESDAY, AND FRIDAY:** glutes and legs

**TUESDAY AND THURSDAY:** upper body weight training

**SATURDAY AND SUNDAY:** all over body weight exercises

I do cardio training every day. I'm currently working on my sprinting. I do low-intensity steady-state cycling in the evenings for 30-45 minutes. I've also been doing altitude training: 2-3 times a week to pre-acclimatise for Mount Everest by cycling and running with an oxygen mask.

## **How do you train your legs and glutes?**

I do a combination of squats and lunges, glute bridges, kickbacks, box jumps, and leg presses.

## **What do you eat in a typical day?**

I use food as fuel and eat to power

my workouts. I'm always changing my diet by carb cycling but I do tend to stick to paleo foods.

Here's a sample diet:

**MEAL 1:** Omelette, asparagus or oats and blueberries

**MEAL 2:** Salmon and mixed green vegetables

**MEAL 3:** Chicken, rice, and broccoli

**MEAL 4:** (Pre-workout) Banana or rice cakes with peanut butter

**MEAL 5:** Turkey, kale, and mixed vegetable stir-fry

I drink a minimum of four litres of water every day, plus two cups of coffee and two cups of herbal tea.

## **What is your goal at the Amateur Olympia?**

To win and be the face of the UKBFF model and talent division and of the Amateur Olympia. I want to inspire men and women and encourage them to be body confident; to stay focussed when things get tough and maintain a healthy, positive, and focussed mindset.

## **You're climbing Mount Everest a week later-why?**

To raise awareness and money for the British Lung Foundation. I recently lost my mum and dad, who both suffered with lung diseases. I've had a beautiful pendant made with a lock of each of their hair and I'm leaving it at the highest point I can reach out of honour and respect for two of the loveliest parents I could have dreamed of. They died a few months apart and it's broken my heart beyond repair, but it's put my life into perspective and I choose to set challenges and live each day as if it's my last.





**"MY FOLLOWERS  
DESCRIBE ME AS  
STRONG, HEALTHY,  
AND INSPIRING."**

# Fitness as a Lifestyle

British IFBB bikini pro Michelle Brannan on helping Lola Onanuga stay in shape all year.

## THE CLIENT

Lola Onanuga, 22, has always been active. She did gymnastics from the age of five and cheerleading during her teens. Lola came to me whilst studying for a biology degree. She had joined a gym at university and decided she wanted to compete in a bikini fitness contest as a way of keeping motivated to stay in shape and eat well. So many young people fall into unhealthy lifestyles during their student days and Lola didn't want to leave university overweight and unfit after being active all of her life.

## THE DIAGNOSIS

### NUTRITION

I wanted to help Lola reach her fitness goal without impacting her studies. It was important for her to concentrate on her degree and fit training and diet around it.

Because she was already athletic when we started working together, it was more a matter of finding the right lifestyle for her rather than adopting drastic measures.

I wanted to change Lola's diet so that it was easy to manage, sustainable, and gave her plenty of energy. I drew up a flexible diet plan that enabled her to track her macros.

My flexi diet system included a list of foods for her to choose from so she didn't have to worry about finding certain foods or eating the same thing all the time.

Lola did have to lose some body fat, but not much. She was already slender and I didn't want her to suddenly get skinny so we decided to improve her body composition rather than drop scale weight. This meant I wanted to preserve and promote the growth of lean tissue whilst trying to burn fat.

To do this, we started by dividing her food intake into six small

meals per day, with each meal containing a quality protein source. Lola has quite a fast metabolism so we never reduced her daily calorie intake below 1,800-2,000. Many people trying to get lean make the mistake of cutting calories too low, too soon. They may see some short-term benefits; however, longterm, it usually slows the metabolism down. For someone like

Lola who is young, fit, and healthy, this was the last thing we wanted.

Eating six small meals a day helped speed up Lola's metabolism. I prescribed a macronutrient mixture of 20 per cent fats, 40 per cent carbohydrate and 40 per cent protein, with a weekly off plan or 'cheat' meal included. Her typical daily diet follows.

**"I wanted to preserve and promote the growth of lean tissue whilst trying to burn fat."**



Lola Onanuga entered a competition to prevent her falling into an unhealthy lifestyle at university.





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**Meal 1**

40 g oats (dry weight) with water, 1 scoop whey protein, handful berries, and 1 tsp coconut oil.

**Meal 2**

130 g chicken, turkey, fish or seafood (cooked weight), 100 g vegetables, and 150 g complex carbohydrate (cooked weight).

**Meal 3**

130 g chicken, turkey, fish, or seafood (cooked weight), 150 g complex carbohydrate (cooked weight), and 100 g vegetables.

**Meal 4**

130 g oily fish or red meat, 100 g vegetables, 1 rice cake, and handful of nuts.

**Meal 5**

250 g Greek yoghurt containing zero per cent fat or two scoops of casein protein and a tablespoon of peanut butter.

**Post workout**

1 scoop of whey protein and a banana.



Michelle spots Lola during a shoulder workout.

**TRAINING**

Lola trained five to six days a week, focusing on different body parts each time. We varied the sets and rep ranges each week and introduced new exercises so that the training plan was never the same. A typical training split was as follows:

**DAY 1 LOWER BODY**

EXERCISE	SETS	REPS
Superset		
Leg extensions	5	10
Leg curls	5	10
Superset		
Wide barbell squats	4	20
Narrow barbell squats	4	20
Superset		
Bulgarian split squats (each leg)	6	8
Wide low sumo squats with kettlebell or dumbbell	6	8

**DAY 2 SHOULDERS**

EXERCISE	SETS	REPS
Superset		
Lean away lateral raises	4	20
Rope pulls to face	4	20
Superset		
Seated dumbbell press	5	10
Seated dumbbell lateral raises	5	10
Superset		
Incline bench rear delt flies	6	8
Front raises using weight plate	6	8





## THE DIAGNOSIS

### THE RESULTS

Lola and I started working together in 2013. Since then, she has won the USN BodyPower Classic in 2014 and competed at the UKBFF British Championships. This year, Lola finished runner-up at the UK Nationals in junior bikini fitness and won the South Coast Championships. She is now training to be a stuntwoman. She is doing karate and gymnastics twice weekly and horse riding once a week to help towards this goal so I have modified her training plan to prevent her from tiring herself out. Lola intends to continue competing during her stunt training. She is a shining example of someone who uses competitions to look great and stay motivated but doesn't let them take over her life. Fitness is for life not just for the stage.

### ABOUT MICHELLE

Michelle Brannan is an IFBB bikini pro. She also runs a coaching team called Showgirl Fitness and the online training subscription resource BodySculpt Pro. [michellebrannan.com](http://michellebrannan.com).



### DAY 3 CHEST AND BACK

EXERCISE	SETS	REPS
Superset		
Seated wide grip lat pulldown	4	20
Chest press machine	4	20
Superset		
Cable crossovers	5	10
Rear delt cable flyes	5	10
Superset		
Straight bar pulldowns	6	8
Flat dumbbell chest press	6	8

### DAY 4 HAMSTRINGS AND GLUTES

EXERCISE	SETS	REPS
Superset		
Dumbbell stiff-legged deadlift with toes elevated	4	20
Barbell travelling lunge	4	20
Superset		
Barbell good morning	5	10
Barbell lateral squats (10 each side)	5	20
Superset		
Stiff-legged deadlifts on Smith machine	6	8
Goblin squat with kettlebell	6	8

### DAY 5 ARMS AND SHOULDERS

EXERCISE	SETS	REPS
Superset		
Barbell biceps curls	4	20
Seated single-arm overhead triceps extension	4	20
Superset		
Dumbbell preacher curls	5	10
Triceps dips	5	10
Superset		
Single-arm cable lateral raises	6	8
Single-arm cable lateral raises	6	8

\* When Lola was close to a competition, she did daily cardio—on average 30 minutes per day. This was steady state, HIIT or plyometrics to keep it interesting.

### DAY 6 GLUTES

EXERCISE	SETS	REPS
Superset		
Single leg press (each leg)	4	20
Outer thigh machine	4	20
Superset		
Glute kickback machine (each leg)	5	10
Barbell good morning	5	10
Superset		
Reverse hyperextensions with ankle weight	6	8
Standing cable kickbacks (each leg)	6	8



# Larissa Reis

Birmingham's backstreets had an injection of Brazilian glamour when the figure pro visited the UK.

**AGE:** 36

**BORN:** Brazil

**LIVES:** Las Vegas

**HEIGHT:** 170 cm

**WEIGHT:** 64 kg

## **Best Thing About Being Muscular:**

The best thing is that you feel strong. Not only for weights, but for everything in life.

## **What Reaction Does Your Physique Get?**

Everyone always asks me if I'm an athlete or what kind of sport I play. The body part that gets the most attention is my legs.

## **Are British Guys More Reserved?**

I don't know, personally, but when I go to the expos, they seem to be pretty shy.

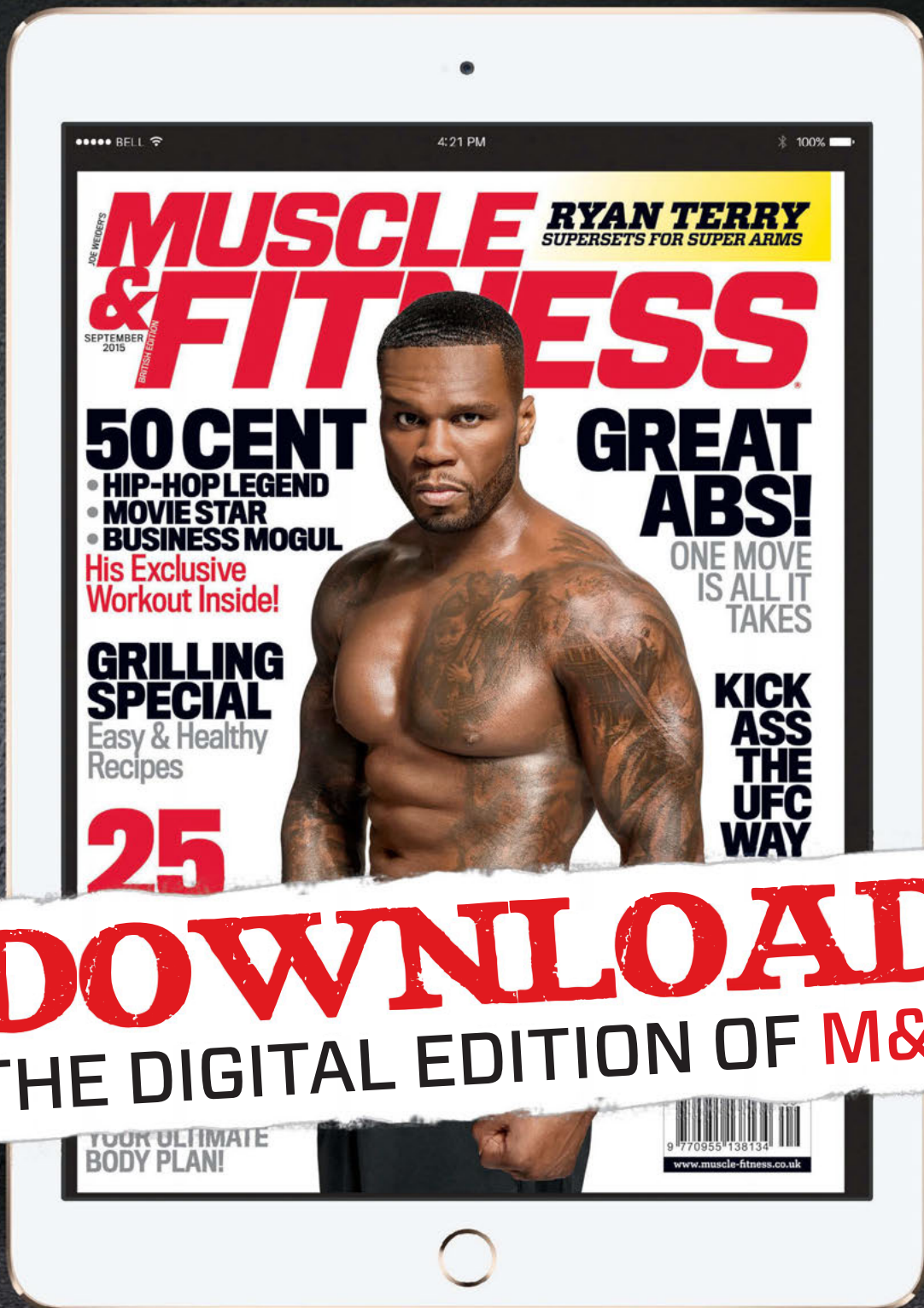
## **Hidden Talent:**

I like to play piano, but I haven't played in a while.

## **Social Media Contact:**

Larissareis.com,  
@LarissaR\_ifbb on Twitter





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### METAL OF HONOUR

Adding plates to the bar doesn't always mean you're improving.



# The Ultimate Goal

Finding the true answer can be backbreaking. **BY SEAN HYSON**

**THERE WAS A TIME** when I thought pretty much all of life's problems could be solved by deadlifts. Stressed out at work? Squeeze the life out of that bar. Girl trouble? Hit a PR tonight; that'll show her. Strength and improvement, particularly on that one exercise, were central to my identity, and whichever direction my deadlift was going almost single-handedly determined how I felt about the direction in my life, too.

The relentless pursuit of gains had

an unexpected result: losses. I hurt my back, and I finally had to confront a hard question: What do you do when the solution becomes the problem?

My blanket answer for everything, my go-to fixer-upper, and the one thing in my life I'd come to rely on was suddenly not only the wrong response but the absolute worst thing I could do. Naturally, I reacted with panic and despair, but eventually, I found my way to common sense.

Your strength, physique, and health cannot be defined by one quality or weighed via a single metric. If you can't deadlift 227 kg but you can do 184 on a hip thrust, I don't think anyone can call you a wuss bag. If your abs aren't as sharp this summer as they were last, but you feel better than you ever have, what are you really missing out on?

Nowadays, I do back-friendlier deadlift variations and chase PRs a little more cautiously. And I recognize that gains on a lift are just numbers, after all, and not necessarily indicative of real growth.

Self-improvement is the goal.

#### SEAN HYSON

is M&F's training director. Follow him on Twitter: [@seanhyson](#)



2/THOMAS NORTHOUT/OCEAN/CORBIS



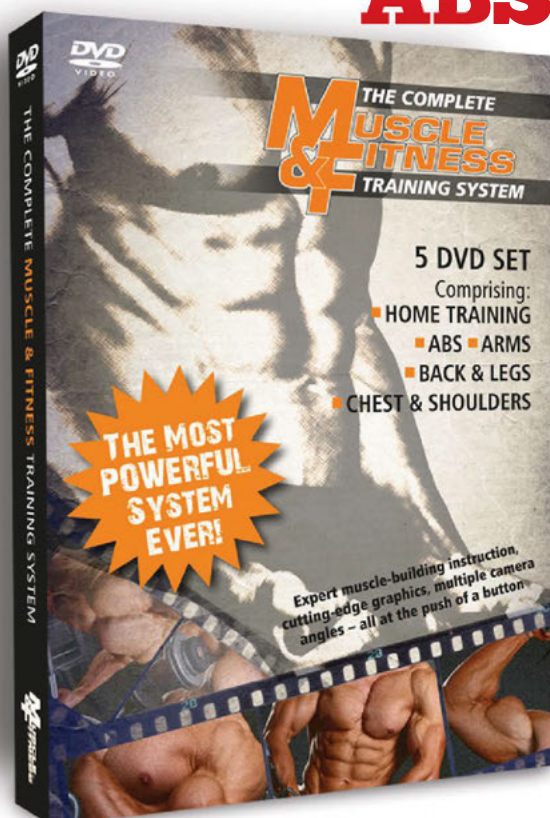
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